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LAGOA *this* WEEKEND

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"Police should not be ashamed for not finding Madeleine"

Portugal's top lawyer has admitted that the country's police may never solve the mystery surrounding the disappearance of Madeleine McCann more than a year ago. (See Page 5)

Nine in ten cars in Portugal pricier than EU

In all the countries of the European Union, Portugal does not have one car model that is the cheapest and only seven models of the 87 sampled have the lowest price, before taxes, in the EU. (See Page 9)

Councils to determine Sunday shopping hours?

If a new proposal by the opposition Social Democrat Party (PSD) is passed in parliament, City Halls will have the power to determine whether hypermarkets in their area can open on Sundays and national holidays. (See Page 72)

Come join in the fun!

This weekend, the FATACIL showground in Lagoa will once again be hosting the International Algarve Fair, an event that has proven increasingly popular in recent years due to its wide variety of stalls and entertainment on offer for all ages. (See Pages 36 and 37)

Seven day weather outlook

Lisbon: After some showers this weekend, the capital will dry up over the weekend, though rain is set to dominate much of next week with thermometers hovering around the 20-degree mark. **Faro:** After some rain this Friday evening, windy conditions will see the rain head elsewhere on Saturday, returning next Tuesday and remaining until Friday. Temperatures will be in their early 20s. Oporto: Rain will persist in northern Portugal the next seven days, with temperatures around 18 degrees.

Major expansion for Portimão harbour as ferries and cruises book space

ALGARVE CRUISE TOURISM BOOST

Portimão is in the process of placing itself firmly on the world ocean travel map with news that 40 cruise ships will be docking at its port until the end of the year. Coupled with a new ferry crossing to Madeira, Portimão is set to establish its importance as one of Europe's most up-and-coming ports-of-call. Cruise, see p.12

The Thomson Celebration last week, the first tourist liner to anchor in Portimão harbour after extensive work at the port. (Photo: Lusa / Luis Forra)

Strawberry greenhouses in Patacão on the outskirts of Faro, where the fruit is gathered by hand by immigrant workers and exported to other parts of Europe. (Photo: Lusa / Luis Forra)

Immigrant tax discrimination

A recent study from the Observatory for Immigration has revealed that foreign citizens in Portugal are subject to 'excessive' payments concerning immigration-related taxes.

These conclusions suggest the Government charges immigrants excessive amounts to control their coming to Portugal as well as boosting the country's coffers.

These financial surpluses have mainly been detected within the legalization process that immigrants must go through to remain in Portugal.

Focusing on the three main foreign communities in Portugal, Ukrainian, Cape Verdean and Brazilian, it was noticed that immigrants require more paperwork to remain in Portugal; must present more documentation, more frequently and pay more for it.

According to the study's main investigators, Tiago Santos and Edite Rosário, this is not an innocent situation, but intentional, providing "methods of controlling migrating people and at the same time undertones of politics that consider immigration a temporary phenomenon".

Roberto Carneiro, coordinator of the Observatory for Immigration, is equally as critical, saying "the results of this study are elucidative of the level of discrimination negatively waged against these population groups who turn to Portugal for life solutions".

It is believed that revenue earned by the Immigration Control Service (SEF - Serviço de Estrangeiros e Fronteiras) is not directly injected into benefiting foreign citizens in Portugal. Of fines paid, 40 per cent is believed to revert to SEF, the remaining 60 per cent boosting the state's finances.

To give a more complete idea of the bureaucratic "injustice and discrimination", a direct comparison was made between identification documents for Portuguese citizens and immigrants, namely ID cards and residency permits.

It was concluded that a Brazilian or Cape Verdean will pay three times more than a Portuguese national for the necessary personal documentation, with Ukrainians paying up to 16 times more.

Ukrainians in fact suffer the biggest disadvantages, coming from a country with which Portugal does not have any bi-lateral agreement.

On average, a Ukrainian immigrant will pay the SEF €223.20 for a residency permit to stay in Portugal, whilst Brazilians and Cape Verdeans see that price significantly reduced to €21.10.

Another disadvantage is caused by language barriers, as all Ukrainian documents, such as marriage or birth certificates – which are systematically required for legalisation – must be officially translated and authenticated by the respective embassies, costing on average €15 per document.

At present, the Immigration Control Service is the only organism belonging to the Ministry of Internal Affairs within which revenue surpasses expenditure.

In 2007, according to an estimated budget for 2008, of €72,460.00 put aside by the Government to finance SEF, 46 million euros of that was footed by themselves, from previous years' revenue.

Sweden studying Lisbon's 'good practices'

Sweden wants to learn from Portugal's "good practices" in the integration of immigrants, Stockholm's Minister for Migration, Tobias Billstrom, said.

Minister Billstrom, who is accompanying the Swedish monarchs on a three-day state visit to Portugal, was scheduled to visit Lisbon's National Centre for Immigrant Support later in the day in the company of Queen Silvia.

The Minister, in comments to Lusa, praised Portugal's "open policy of labour immigration" and the "innovative concept" of the one-stop national centre for immigration services as examples of "good integration" policies that Sweden could follow.

"We are constantly looking at the good practices of integrating immigrants in Europe", Billstrom said. "Portugal is an excellent example of a country that has received many immigrants and that has managed to receive them positively". *TPN/Lusa*

Emigrants up 50 per cent in Europe

Some five million Portuguese nationals live in a foreign country, which is approximately half of the Portuguese population, a study revealed this week, and , in the most popular destinations some percentages have gone up by almost 52 per cent, between the years 2000 and 2006.

It is estimated around 639,612 Portuguese citizens live in a second country, according to a 2007 International Migration Report, complied by the OCDE, which will be officially released in June this year.

National citizens continue to choose destinations including Switzerland, Andorra, Luxemburg and France to start a new life, with new influx patterns being noted in Spain and the UK.

Only in Germany has the resident Portuguese emigrant population declined to less then 17,000.

This data confirmed Portugal continues to be a strong supplier of labour workers for other countries; despite in the 1980's having become a destination of preference amongst those looking to emigrate.

In Spain and Andorra the number of Portuguese immigrants has more than doubled. In Ireland, that number rose by 246 per cent, even though there are still few Portuguese living and working on the Emerald Isle.

These are official, national statistics and, as they do not include those leaving to take up new residence outside countries covered by the Schengen Treaty, are significantly lower than real figures.

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Child neglect charges dropped against UK couple after they leave Portugal

A couple from Northern Ireland, who, whilst on holiday in Vilamoura, reportedly drank themselves into drunken stupor, and had their three small children removed from them and placed into temporary care at the Refúgio Aboim Ascenção home, have been cleared of any charges of child negligence in Portugal, after they left the country the day they were due to attend a Portuguese court.

According to Faro's Family Tribunal, the couple would only have been subject to legal action "should the children have remained in Portugal and in a dangerous situation".

The, parents of a one and six-year-old boy and a two-year-old girl, were holidaying in Vilamoura when they collapsed in their hotel reception, in front of their three children, after a couple of hours of alleged excessive drinking.

Reports state the father passed out in front of his children as the mother repeatedly vomited before passing out herself.

Hotel staff called the police and medics as the couple remained unconscious, the authorities in turn calling the Refugio Aboim emergency child rescue line.

In the early hours of Saturday morning the three children were taken to the home, though were returned to their parents later that day.

Portuguese and foreign journalists wait, on Monday, for the Irish tourists who passed out while drunk in front of their three children last Saturday night at the entrance of the hotel where they are staying inVilamoura. (Photo: Lusa / Luis Forra)

The couple had to be taken to hospital for treatment and faced criminal charges over their behavior on the first day of a family holiday in the Algarve.

Bank of Ireland manager Eamon McGuckin, 34, and his wife Antoinette, 32, who are from Belfast, Northern Ireland, were expected to make an appearance in Faro's family tribunal a few days later, though failed to show up at their 15h00 hearing. Press and onlookers waited expectantly for more than two hours before a court spokesperson informed the crowd, the family had already returned to their homeland.

This was later confirmed by the British Embassy in Lisbon, as well as a source from Faro airport, who confirmed the family had left on easyJet flight 6792.

In the meantime it has emerged the couple are said to have told friends they became ill around 30 minutes after drinking a jug of sangria, implying they were drugged, while other reports suggested the effects of alcohol consumption were exacerbated by the Algarve sun.

Neglecting child safety through excessive drinking is a crime punishable in Portugal with two to five years jail.

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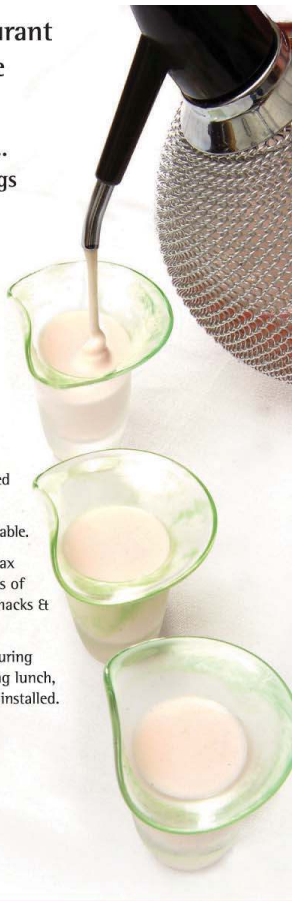

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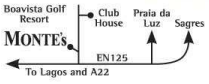

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Food bank raises 15 percent more in donations

Volunteers separate thousands of food parcels donated throughout the country during the campaign against hunger in Alcântara on Sunday. (Photo: Lusa / Inácio Rosa)

The 33rd campaign of food gathering by the Food Bank ended with success last Sunday after they registered a 15 percent increase in donations in comparison to May last year.

On Saturday alone, the first day of the campaign, the thirteen banks spread across Portugal gathered 960 tonnes of food and by Sunday afternoon an extra 327 tonnes were collected. Food Bank President and national co-ordinator of the campaign Isabel Jonet estimated around 1,450 to 1,500 tonnes will be distributed this year to 232,000 less fortunate people.

The Food Bank also received 30 tonnes of beans and grain seized by the Judiciary Police (PJ), used to hide cocaine in a drug operation. Isabel Jonet explained that the PJ delivered the goods uncooked to the Food Bank, and as homeless people do not have cooking equipment, the organisation asked for support from Compal, who gladly accepted. Without charging a penny, Compal was able to produce 70 tonnes of food, all vacuum packed to stop the food from deteriorating.

Hundreds of volunteers worked together to separate and pack the food, which will be sent to around 400 institutions in Lisbon and then redistributed to homeless people and needy people.

Twelve arrested in Portimão drug-bust

Portimão PSP police have arrested 12 people during a drug-bust carried out in one of the city's most notorious areas, the Palácio neighbourhood.

Along with the suspects 9,600 individual doses of heroin and cocaine, 5,300 in cash, assorted of pieces of jewellery and gold were also seized.

Four men and eight woman were detained as the result of three warranted house searches, as well as hundreds of thousands of euros worth of mobile phones and other equipment believed to be related to drug-trafficking.

Since the beginning of this year, Portimão police have been responsible for the arrest of 33 people relating to theft, robberies, and drug trafficking.

Breast cancer diagnosis on the up

In the last ten years there has been a 20 percent rise in Breast Cancer cases, an extra 600 cases a year. Specialists say it is for reasons such as changes in lifestyles, for example smoking and sedentary habits, using the pill and prolonged life expectancy.

To be diagnosed with breast cancer is a terrifying ordeal as it is the one cancer that kills most women, despite a high survival rate of 70 to 80 percent.

According to the Global Cancer Facts & Figures report, 1.3 million new cases were diagnosed in 2007, with 464,854 consequential deaths. In Portugal it is estimated there are 4,000 new cases a year resulting in 1,700 deaths.

Vítor Veloso, President of the Portuguese League Against Cancer, says "Women have a great responsibility due to their lifestyles", their habits being the reason for breast cancer occurring in younger age groups. Modern factors like the pill, late pregnancy or hormonal replacement therapy (used in menopause) also seem to be of considerable importance concerning the onset of the disease.

Statistics show one in twelve women will develop breast cancer, but nowadays the survival rate is increasingly higher and people are being diagnosed early and more often, due to awareness. Vítor Veloso added, "When we have a well structured population tracing programme, we can reduce mortality by 30 percent".

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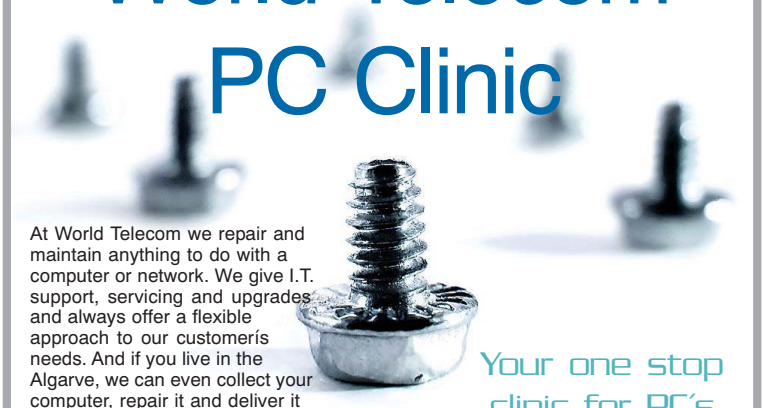

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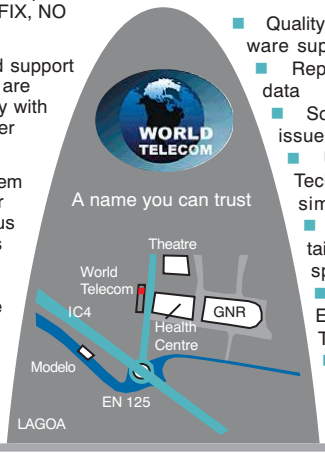

Attorney General - Police should not be ashamed of failure to find Madeleine

Portugalís top lawyer has admitted that the countryís police may never solve the mystery surrounding the disappearance of Madeleine McCann more than a year ago.

Speaking on the eve of the anniversary marking the disappearance of Madeleine, aged three at the time, Portugal's Attorney-General said: "Should the investigations in the Maddie case prove unsuccessful, it would not bring shame to Portuguese police".

Fernando Pinto Monteiro explained that there is enormous difficulty in solving cases of children who have disappeared, quoting statistics to back up his claim.

"These types of crimes are extremely difficult to investigate. There are one million children who go missing each year in the world and not even 20 percent are found", stressed the Attorney-General.

"Our police did what any other police force would have done. She could still be found, let's wait to the end. But should it prove fruitless, it should not embarrass Portuguese police. This [failure to recover missing children] happens a little all around the world", added Pinto Monteiro.

Regarding the possibility that secrecy laws in the Madeleine case would be extended beyond the middle of the month, when they are set to be lifted, the Attorney-General said: "When the end of this period arrives, we will analyse the case and decide whether or not to request an extension".

"We have talked too much about Maddie", added Pinto Monteiro, saying: "In Britain, where she is from, there are one thousand cases such as these. We have 14 or 15. And the percentage of cases in which these children are found in countries such as Britain is around 20 percent", he charged.

"It is due to this that nobody should be surprised at the lack of success to date in this case.

"The problem is that the case is the most covered case in recent years. CNN would open news bulletins with the case, and from this it gained tremendous importance", stressed the Attorney-General.

Meanwhile, Madeleine's father, Gerry, on the anniversary of her disappearance, described his daughter's "abduction as a heinous crime that had the potential to destroy the strongest of families. Without doubt it has been the longest year of our lives, yet it does not seem like a year since we last saw Madeleine. She is still a large part of Sean and Amelie's life and this gives some comfort to Kate and me", he explained.

He added that he believed Madeleine was still alive, saying: "The research we have done this year has encouraged us to believe that there is a very good chance Madeleine is alive. We just need to find her.

"We have always said we will leave no stone unturned in the search for Madeleine. To do that we need to know what has and has not been done - unfortunately we know very little about the investigation to date.

"We are also asking families with children to think if something similar may have happened to them. It is unlikely this is the first time that the abductor has struck", argued Gerry McCann.

Madeleine McCann disappeared from the Ocean Club resort in Praia da Luz on May 3rd last year while her parents were dining at a nearby Tapas restaurant.

The Minister for Justice, Alberto Costa, talks to the Attorney General, Pinto Monteiro during an anti-corruption conference, which took place at the Higher Institute for Labour Sciences in Lisbon on 6th May. (Photo: Lusa / Tiago Petinga)

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President Silva praises healthy ties with Sweden

The King of Sweden, Carl XVI Gustaf (L), and Queen Silvia, together with the speaker of Parliament, Jaime Gama (R), during their visit to Parliament on Monday. (Photo: Lusa / António Cotrim)

Portuguese President Cavaco Silva has this week praised the ìexcellent relationsî between his country and Sweden during a three-day visit to Portugal by King Carl XVI Gustaf.

Speaking after a meeting with the Swedish monarch at Lisbon's riverside presidential palace, Cavaco Silva said Portugal has an obvious interest in strengthening its trade, environmental and energy ties with Sweden.

Besides these common interests, added Portugal's leader, Sweden's "robust and dynamic" economy is a reason for boosting two-way ties in nearly all areas.

In reply, the Swedish monarch described the agenda of his Portugal visit as "very interesting", especially due to programmed discussions on environmental issues and renewable energy.

Carl Gustaf visited keynote renewable energy projects in Portugal including a new solar power project in the central Alentejo region, and the nearby Alqueva hydro dam.

Sweden's king was accompanied by three Stockholm cabinet ministers on his visit, as well as around 30 leading Swedish company chiefs. He participated at a Lisbon business conference organised by Portugal's AIP industrial association.

Ahead of the high-level Swedish visit, Lisbon officials said Portugal would seek to intensify its commercial relations with Sweden across the board, in order to make Portugal's trade balance with the Scandinavian state more balanced in Lisbon's favour.

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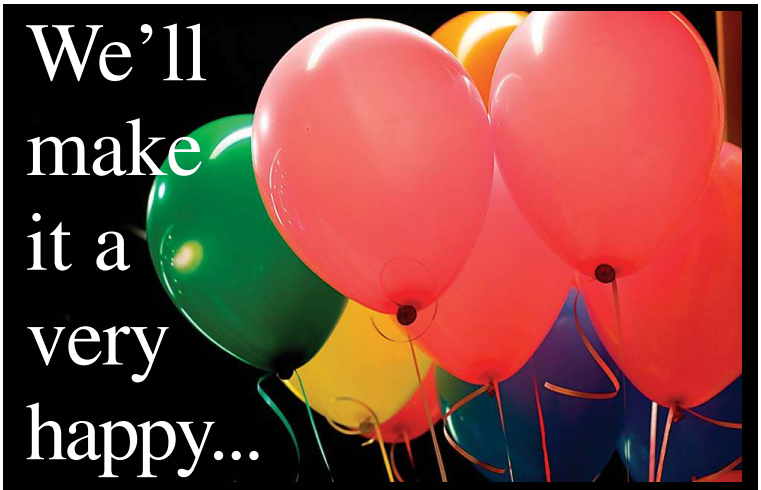

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Talking to the neighbours

This year marks the European Year of Intercultural Dialogue, which includes a series of debates between European Commissioners and parliamentarians, representatives of interested groups and think tanks, journalists and students on how the EU can foster dialogue between cultures.

The next debate, to be held on 14 May, will deal with interfaith dialogue – highly topical given widening ethnic divisions and the rise of religious fundamentalism.

The focus of this third debate is on promoting respect and understanding between races and religions, embracing cultural and religious diversity and bringing people of different faiths and beliefs together.

The first two discussions looked at the impact of immigration on intercultural dialogue, and using art and culture to access and understand other cultures. Four more debates will take place before the end of the year – on intercultural dialogue at the workplace, multilingualism, education and the role of the media.

Anyone can take part in the debates – all you need to do is register. You can also leave comments in the online forum, open one week before and one week after the debate.

Take advantage of this European Year of Intercultural Dialogue to share your ideas on improving relations between cultures and faiths.

As well as the debates, there'll be events focusing on youth, culture and citizenship, and national projects in the EU countries.

EU discusses climate change and reconciliation with faith leaders

On the initiative of the President of the European Commission, José Manuel Barroso, an informal dialogue took place on 5 May at the headquarters of the European Commission, bringing together around twenty high-level representatives of Christianity, Judaism and Islam in Europe.

The meeting was co-chaired by European Commission President Barroso, Slovenian Prime Minister and current President of the European Council, Janez Janša, and the President of the European Parliament, Hans-Gert Pöttering. This year's meeting focused on two major challenges facing the European Union: Climate Change and Reconciliation.

This was the fourth annual meeting with religious leaders and the second involving the Presidents of the three EU institutions. The initiative was launched by President Barroso in 2005.

President Barroso declared: "Climate change obliges all of us to take urgent action. Each part of civil society must contribute to ensuring a sustainable future of our planet. Thanks to their outreach and role in our societies, religions and communities of belief are well placed to make a valuable contribution in mobilising them for a sustainable future. Let's unite in our common endeavour and prove that the preachers of a clash of civilisations are wrong."

The President of the European Council, Janez Janša, insisted: "The environment is not only natural but also a sacred place. Community and loyalty between man, nature and the Creator is a basic principle of Judaism, Christianity and Islam alike. Climate change requires us to rethink how we channel imagination, ingenuity and entrepreneurship into creating a world, free of dependence on fossil fuels, and yet prosperous and connected as never before. This would not mean that we should get away with what we have achieved. We should only rethink our achievements and look at them from a different point of view."

As 2008 is the European Year of Intercultural Dialogue, the high-level meeting was used as an opportunity to focus also on the topic of "Reconciliation through intercultural and inter-faith dialogue".

EP President Pöttering said "Intercultural dialogue is a key instrument to building bridges between people and to safeguarding peace based on mutual respect. Intercultural dialogue therefore is also an important contribution to the EU's relations with its neighbouring countries, in particular in the Mediterranean region".

One third of pregnancies accidental

Though the majority of women decide to keep their babies, it has been revealed 11 in every 100 women chose to terminate their pregnancies as one third are accidental.

This was confirmed by 33 per cent of 1,600 women interviewed to compile a study determining sexual behavior in Portugal.

Revealed this week by the Institute of Social Sciences (ICS) in Lisbon, 34.4 per cent of those interviewed admitted falling pregnant through failed contraception, whilst 44.4 per cent admitted to not using any form of contraception.

Coordinator of the National Health and Reproduction Programme, Jorge Branco, said this showed a "voluntary or involuntary attitude of risk" concerning contraception.

"The majority of these pregnancies occurred because people did not use contraception", he said.

"If we add to this the number of people who do it incorrectly…the figures speak for themselves. There are no totally safe methods of protection, but they should not fail so poorly".

Archive photo dated May 2006 - a pregnant woman enters a maternity ward in Elvas where she was waiting for day break, hoping to be one of the last women to give birth in the unit, which was closed later that week by the Government. (Photo: Lusa / Nuno Veiga)

Majority of Portuguese don't use protection with HIV carriers

This conclusion was reached after a survey entitled 'Sexual Behaviours and HIV/AIDS infections' conducted by Social Sciences Institute (ICS) in 2007.

The demographic characteristics, the knowledge, beliefs and sexual experience determine the probability of using a condom and also to take a test for HIV.

On the other hand "There is a remarkable dissociation between knowledge and practice. Knowing if one has suffered from one or more sexually transmitted disease does not seem to influence the use of condoms" said Henrique Barros.

The investigation, presented by the ICS on Tuesday, gathered information from over 3,500 Portuguese aged 16 to 65.

The enquiry was carried out by Manuel Cabral and Pedro Ferreira, analysing matters such as regularity of sexual activity, degree of satisfaction, number of partners, and the age at which sexual relations started. It also had a section about practices and sexual identities (heterosexuality, homosexuality and bisexuality).

Another finding revealed by the study showed that over half of the Portuguese did not use a condom in their first sexual relationship or with their most recent partner.

These conclusions demonstrate that new strategies need to be imposed for the fight against HIV/AIDS and to raise awareness of the issue. Henrique Barros stated "It is difficult to comprehend that those questioned reported a similar frequency of condom usage, whether or not they had ever had a sexually transmitted disease".

Mushroom treatment for cervical cancer

A mushroom-based food supplement has revealed ëgreat efficiencyí in treating cervical cancer, specialists have this week announced following tests on 43 patients.

It was confirmed by leading specialist José Silva Couto, from the Portuguese Oncology Institute (IPO), after year-long, ongoing tests on a group of woman proved to be "highly successful".

Used widely in ancient Asian medicines, the mushroom-based tablets have immunomodulative results that have proved "very positive" in treating cervical cancer.

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Portugal praises EU peace-keeping in Central Africa

Defence Minister Teixeira inspecting equipment in January this year. (Photo: Lusa / João Relvas)

Defence Minister Nuno Severiano Teixeira flew into Chad on Tuesday for a brief visit to the Portuguese contingent serving with the European Union peacekeeping force, describing the EU African mission as a milestone in the blocís emerging common defence policy.

"This mission is the practical realisation of a common European security policy", Severiano Teixeira told Lusa on arriving in N'Djamena, Chad's capital, adding that the 3,000-strong EUFOR force lent "credibility" to EU efforts in the defense and security field.

The Portuguese Air Force contingent, composed of a Hercules C-130 plane and 30-member crew and support team, had been "fundamental" to the successful launch of the mainly French EUFOR mission that had been delayed due to the lack of air support and logistics, he said.

The European force serves under the United Nations in providing support for refugees from the Sudanese Darfur conflict in the neighbouring countries of Chad and Central African Republic.

Apart from visiting the Portuguese contingent, Severiano Teixeira was to have meetings with UN, EU and local officials during his brief stay in N'Djamena. The UN umbrella MINURCAT mission is headed by Portuguese Victor da Silva Ângelo. *TPN/Lusa*

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EC issues stern warning to Portugal over nature protection "shortcomings"

The European Commission is sending a letter of formal notice to Portugal for failing to take sufficient measures to protect nature.

The Portuguese case concerns authorisations for planned tourist complexes in protected areas in Grândola and Alcácer do Sal, south of Lisbon.

EU Environment Commissioner Stavros Dimas said: "Europe depends on its biodiversity for innumerable ecological services, from water and air purification to forestry resources. That biodiversity is under threat, and it is vital that we protect it. Portugal must comply with Europe's nature legislation and maintain the integrity of the Natura 2000 network. This is critical if the EU is to meet its target of halting the loss of biodiversity by 2010."

A first written warning has been sent to Portugal for separate instances, in which the environmental impact assessments that it has carried out for infrastructure projects, have been seriously flawed. The case concerns fast-tracked authorisations for tourist developments – Costa Terra, Herdade do Pinheirinho and Herdade de Comporta – in the SCI 'Comporta/Galé', in the region of Grândola and Alcácer do Sal, south of Lisbon.

The developments cover almost 1,200 hectares, including six golf courses, 21 villages of apartments, 660 tourist villas and 21 hotels, making a total of more than 16, 000 beds.

The Commission has concluded that while impact assessments were carried out for the developments, the assessments were not appropriate since they failed to take account of negative impacts on priority habitats and species in the SCI, they did not examine the cumulative impacts of the different projects or cumulative impacts with other projects planned for the same site, and they did not adequately analyse alternative solutions.

Portugal sees Zimbabwe's political, social deadlock as 'unsustainable'

Portuguese Foreign Minister Luís Amado has urged southern Africa to act on the crisis in Zimbabwe, saying the country's political and social plight was "unsustainable".

"The situation in the political and social areas is unsustainable", Minister Amado said at a news conference last week after talks in Lisbon with his Nigerian counterpart, Ojo Maduekwe, when asked about UN Secretary-General Ban Ki-moon's alert on "the worrying humanitarian situation" in Zimbabwe.

"As I've said before, I think the international community has a word to say, but the direct political responsibility belongs to the Southern African Development Community (SADC)", he said.

"The pressure [on the SADC to act] is great and should be maintained", he added. "With the UN and the European Union, the SADC should find a rapid solution" for Zimbabwe's post-election crisis.

For his part, Maduekwe, who was in Lisbon for bilateral cooperation talks, said that any solution for the impasse in Harare should respect both the country's sovereignty and the will of its people as expressed through the polls.

Africa's most populous nation and the sub-Sahara's largest oil producer, Nigeria, is not a member of the 14-nation SADC southern bloc.

President underlines 'doubts' over Kosovo independence

Portuguese President Aníbal Cavaco Silva has expressed "satisfaction" over the association accord inked between the EU and Serbia, and reiterated his "doubts" about the legitimacy of Kosovo's unilateral declaration of independence.

President Cavaco Silva, speaking on the sidelines of an informal meeting of eight EU presidents in Graz, Austria, said he was "very pleased" with the EU-Serbia agreement, signed last week in Luxembourg ahead of May elections in the Balkan nation.

Saying recent unilateral declaration of independence by the breakaway Serbian province of Kosovo was a "complicated" affair, the president reaffirmed his "doubts" as to whether the move "respects international norms".

Portugal, he added, would decide in "the near future" whether or not to recognise the self-proclaimed state, with a decision likely coming after the Serbian vote.

He indicated Lisbon's future option would keep the EU in mind, saying Portugal understood the "value of solidarity" among the bloc's 27 members.

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Taxation of dividends - EC takes steps against Portugal

The European Commission has sent reasoned opinions (the second step of the infringement procedure of Article 226 of the EC Treaty) to Portugal about its rules under which dividends paid to foreign pension funds are taxed more heavily than dividends paid to domestic pension funds. Portugal needs to reply within two months.

Outbound dividends are dividends paid by domestic companies to shareholders resident in other states. Domestic dividends are dividends paid by domestic companies to domestic shareholders. Inbound dividends are dividends paid by companies resident in other States to domestic shareholders.

Portugal exempts the dividends received by domestic pension funds and levies a withholding tax of 25 percent on dividends paid to pension funds established elsewhere in the EU or in the EEA/EFTA countries.

The higher tax on dividends paid to foreign pension funds may dissuade these funds from investing in the member state levying the higher tax.

Equally, companies established in that member state may face difficulties in attracting capital from foreign pension funds.

The higher taxation of foreign pension funds thus results in a restriction of the free movement of capital as protected by EU legislation.

Euro turns ten

Ten years ago this month, EU leaders took the historic decision to launch the euro. The currency hit the streets in January 1999 and the Economic and Monetary Union (EMU) was born.

Now some 320m Europeans in 15 countries – more than the population of the US – use the same currency and benefit from an integrated EU market.

Average government budget deficits in the EU fell to a record low of 0.6% of GDP in 2007 (compared to 4% in the 80s and 90s). Reflecting this trend, the Commission was this week able to recommend to the Council, to close the surveillance procedures on Portugal, the Czech Republic, Italy and Slovakia for running excessive deficits.

A milestone in the process of EU integration, EMU will have to be adapted to meet the challenges of globalisation, scarce natural resources, climate change and the ageing population in the years to come.

Another report out found that Slovakia meets the requirements for joining the euro - stable prices and exchange rates, low interest rates, government deficits and debt, and compatible national laws. The commission will recommend that EU governments approve Slovakia's membership of the eurozone from 1 January 2009.

The other EU countries assessed (mostly recent members from the East, but also Sweden) were found not to meet the conditions for membership.

Nine in ten cars in Portugal pricier than EU

In all the countries of the European Union, Portugal does not have one car model that is the cheapest and only seven models of the 87 sampled have the lowest price before taxes in the EU.

These are some of the conclusions reached by the European Committee on the price of vehicles, published April 29th.

The study shows Portugal has registered a 2.3 percent decline in car prices, in comparison to January 2007, and the Euro Zone has had an average 0.6 percent increase (0.2 percent in EU).

Despite the fall in prices, Portugal is still not competitive in any but seven models (Land Rover Discovery, Land Rover Freelander, Mazda 5, Renault Clio 3, Renault Megane Berlina, Seat Altea XL and Seat Leon). In these cases, the cars arrive in Portugal with the lowest prices of the Euro Zone and then they are heavily taxed when they reach the market.

Over a third of the models that reach Portugal, before being taxed, are already ten percent more expensive than those sold in the cheapest markets of the Euro Zone.

iPhone arrives in Portugal at end of year

Vodafone scooped a deal with Apple and the much sought after iPhone will be sold in ten countries, Portugal included, by the British telecommunications giant.

It was also announced this week that Apple have broken their exclusivity policy in the market by allowing Vodafone to sell the iPhone in Italy, as well as Telecom Itália.

In Portugal, Optimus and TMN are also attempting to cut a deal with Apple for the rights to sell the iPhone in Portugal.

The distribution agreement Vodafone settled with Apple was for sale in ten countries: Australia, Czech Republic, Egypt, Greece, Italy, India, Portugal, New Zealand, South Africa and Turkey.

Having reached the American market almost one year ago, the iPhone has the advantage of integrating the iPod features for music and videos, easy Internet browsing, and innovative multitouch technology on the touch screen. Another fancy bit of technology is the motion sensor, where the display orientation adjusts automatically when the iPhone is turned on its side, whichever one, giving a panoramic view.

It has a 3.5 inch touchscreen, measures 115mm high, 61mm wide by 12mm deep and it weighs 135 grams.

When the iPhone reaches Portugal, it is hoped it will be the new model with 3G network technology, as opposed to the 2,5G sold at the moment.

The price at which the iPhone will be sold in Portugal is still unknown but in the U.K. the new 8GB model costs around £270 (about €350).

PT joins consortium to build undersea cable linking UK and India

Portugal Telecom has signed an accord to join a 16-company consortium that will build an undersea cable system linking the United Kingdom and India.

The high-bandwidth optical-fibre submarine cable system is expected to be operational by 2010 and will connect the UK and India with Portugal, Gibraltar, Morocco, Monaco, France, Libya, Saudi Arabia, Djibouti, Oman and the UAE. *TPN/Lusa*

Lisbon to expand maritime cooperation with all Lusophone partners

Portugal plans to enlarge its cooperation on maritime affairs with all its seven partners in the Community of Portuguese Language Countries (CPLP), the junior minister for the department, João Mira Gomes, said last week.

The maritime sector "is an area with great potential for cooperation" among the Lusophone states, Mira Gomes told a Lisbon news conference.

Portugal assumes the rotating presidency of the eight-nation bloc in July.

The Lisbon-headquartered CPLP binds Portugal and Brazil to Lisbon's five former African colonies and East Timor.

TPN/Lusa

Archive photo of João Mira Gomes with Britain's former Secretary of State for Defence Dr. John Reid at RAF Lyneham in 2005. (Photo: EPA/Chris Hargreaves)

EC proposes to improve public access to EU documents

The European Commission has this week adopted changes to the rules of access to documents from EU institutions.

These changes, says the EC, reaffirm its commitment to transparency, up-date the rules to reflect recent case-law and aim to allow the institutions to be more efficient in responding to requests from citizens.

President of the European Commission, José Manuel Barroso said, "At the start of my Commission I stressed the need to increase the transparency of our work. The access to documents' rules are working well. These changes seek to respond to the evolving case-law of the Court and improve the access to documents for European citizens".

Margot Wallström, Vice-President, Institutional Relations and Communication Strategy said: "Our objective is increased transparency, increased access and, increased outreach and understanding. This is fundamental in any democratic system: the citizens' right to know. Access to documents is an essential tool for democracy and now we want to improve it."

The EC's proposal with a new consolidated text puts more emphasis on active dissemination of information and it aligns the regulation to the provisions on access to environmental information of the Aarhus Convention. It also clarifies the definition of 'document', for example to include the content of electronic databases, when it can be extracted as a print-out or an electronic file.

The proposed text is also more explicit on protection of documents related to ongoing investigations. This gives more legal clarity, but it will not lead to fewer documents being made accessible to citizens.

The Commission also proposes to improve the access to names and functions of persons acting in a professional capacity, to documents from the Member States and to the institutions' written submissions to Courts. These changes follow recent case law of the European Courts.

The Treaty grants citizens and residents of the European Union a right of access to European Parliament, Council and Commission documents.

EC acts to ensure that Portugal and the UK implement EU laws

The European Commission has decided to refer Portugal and the United Kingdom to the European Court of Justice over their failure to inform the EC of measures taken to implement a directive on professional qualifications further to the accession of Bulgaria and Romania to the European Union on 1 January 2007.

The directive updates, amongst others, all the lists of qualifications which benefit from automatic recognition by completing them with the corresponding Bulgarian and Romanian qualifications.

The deadline for transposing of the directive expired on 1 January 2007. As is the case with the eight other Member States referred to the Court in April, Portugal and the United Kingdom have still not brought into force all the necessary provisions.

As long as the directive is not implemented into national law, professionals holding Bulgarian or Romanian qualifications risk enduring needlessly, bureaucratic and slow procedures before being able to exercise their right to work anywhere in the European Union, and the potential users of the services of these professionals may be deprived of the opportunity to benefit from their expertise.

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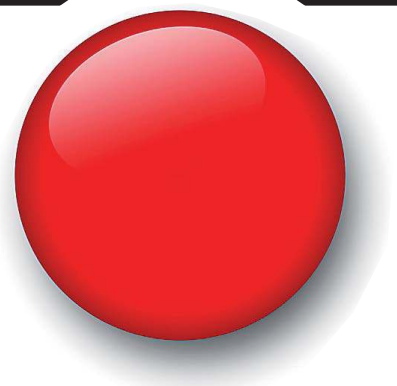

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Different strokes for American folks

When the US stock market crashed in October 1929, the US economy gradually slipped into what has been called The Great Depression. Lasting over a decade, the Depression saw some 27% of the American work force unemployed. Soup lines formed to feed the hungry. Shanty towns sprang up to house the indigent. And Americans migrated in search of illusive work.

Then President Herbert Hoover mistakenly saw the Depression as a consequence of market forces. Convinced that the best government strategy was non-interference, he essentially sat on his hands while conditions worsened. His attitude cost him the presidency, for in 1933 Franklyn Delano Roosevelt was elected by a population demanding change.

During the first 100 days of the "New Deal" presidency, the Roosevelt administration, based on the assumption that the federal government was needed to bring the country out of depression, enacted banking reform laws, emergency relief programs, work relief programs, agriculture programs, the Social Security Act, and measures to protect unions, tenant farmers and migrant workers. Several New Deal enactments remain today: Federal Deposit Insurance Program (FDIC), Federal Housing Administration (FHA), Tennessee Valley Authority (TVA), the Securities and Exchange Commission (SEC) and the Social Security Administration.

Despite these beneficial measures, the question has often been raised that the Great Depression (1929 – 1941) could have been shortened had the government put more money into the economy. From the outset of his presidency, Franklyn Roosevelt was not very keen on deficit spending. In the year he took office, the US national debt was $22.5b. Five years later, the debt had risen to $36.5b; Roosevelt would have said due to government economic recovery programs. At the start of World War II, the debt had risen to $49b. But just four years later, due to the war effort, the debt was $258b ($2.8t in today's dollars). The United States emerged from the war as the major world economic power, its population entering a highly prosperous period that would extend over the next decades thanks in no small part to the spending crisis brought on by the war.

Fast forward sixty-three years to 2008. Between May and July this year, the federal government will be handing out $110b in economic stimulus payments to some 130m American households. Qualifying individuals can receive as much as $600 ($1,200 if married filing jointly). Individuals receiving payments may also receive $300 per each child who qualifies for the child tax credit.

Coming at a time when the US economy is clearly in recession, the president is hopeful that these rebate checks will give the economy a much-needed boost. Hence the package is called *Economic Stimulus*. But it also comes at a time when the national debt is a staggering $9.3t with no relief in the foreseeable future for the US dollar to strengthen, something Americans abroad who receive pensions and social security checks in dollars are keen to want to know.

Qualifying for a stimulus payment depends on whether tax filers have at least $3,000 in earned income, which includes Social Security benefits, certain veteran's payments, nontaxable combat pay, wages, salaries, and self-employment. Foreign earnings excluded by the foreign earned income exclusion apparently do not count toward earned income.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. (www.taxbarron.com) / taxbarron@yahoo.com / 91 935 9809.

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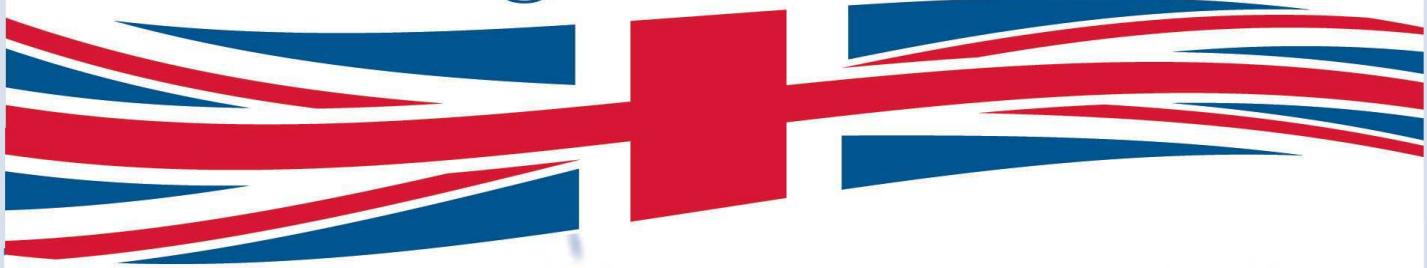

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"Angola run by crooks" - Bob Geldof

Activist Bob Geldof on a visit to Portugal, Tuesday compared Angola's leadership to "criminals" and said the same politicians live in the "world's richest houses," currently being built in Luanda.

At a Lisbon conference on sustainable development Geldof gave a speech on "making a difference", in which he turned his attention to Angola.

"Angola is run by criminals", said the Irish songwriter and organiser of Live Aid and Live 8.

"The world's richest houses [are being built] in the Bay of Luanda…they're more expensive than in Chelsea and Park Lane."

Angola has potential to be one of the world's wealthiest states", he noted, and Luanda also has potential to "influence China's decisions".

Portugal should be a partner of Angola due to the two Lusophone state's historic ties, said Geldof, and Lisbon has particular need to promote African development due to its relatively close proximity to the continent.

Making use of its capacity for action in Africa, Portugal can "be decisive in Europe, which is in turn listened to in the world."

Gelfof also had harsh words for recent European initiatives to forge closer ties with the African continent, in particular the attempt to thrash out a free-trade pact with African Union states last year in Lisbon during Portugal's European Union chair.

"This city, Lisbon, is where the EU-AU summit was held, when Europe forced African states to sign economic partnership accords.

"Where the Europeans said to the Africans 'accept this agreement or we won't trade with you.'

"This isn't sustainable. It isn't having one voice. It's stupidity."

In response to these scathing remarks, Luanda authorities rejected criticism that Angola's political leaders are "criminals", who enrich themselves at the expense of the country's people.

Angola's Embassy in Lisbon said in a statement the Luanda government expressed "total repudiation" of Geldof's comments earlier the same day, at a conference on sustainable development in the Portuguese capital.

In its statement, Angola's Embassy in Lisbon said Geldof had revealed his ignorance of current Luanda government-led schemes to improve human rights, education and health services in the African state ahead of the country's first post-war legislative polls later this year. *TPN/Lusa*

Irish singer, songwriter, actor and political activist Bob Geldof in Tokyo, on 26 February 2008. (Photo: EPA/Everett Kennedy Brown)

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Cruise, from p.1.

As of June 15th, Spanish company Naviera Armas, which is based in Gran Canaria, is to initiate regular ferry crossings between Portimão and Funchal, Madeira. Unconfirmed reports suggest liners of Royal Caribbean calibre will, before too long, be a regular sight on the Arade river, while trips to Cape Verde are confirmed and the Canaries are on the table. There have also been whispers of a ferry trip to the south of England, but officially, it is an idea that has not yet left the drawing board.

Currently, around six thousand tourists visit Portimão annually on excursions organised while their cruise ships are docked at the city.

But in comments to reporters last week, Portimão Mayor Manuel da Luz predicted this number will increase ten-fold in the short-term future, rapidly cancelling out the €1.7 million euros spent on improving and dredging the harbour to accommodate massive liners, as was the case last week when the Thompson Celebration imposed itself on Portimão harbour.

But excitement now is mostly focussed on the ferry crossing to Madeira, whose inaugural trip is set to take place next month.

Besides opening the door to one of Portugal's most beautiful islands, the crossing will allow travellers to take their own vehicles and literally depart from their doorstep as there are, so far, no direct flights from the Algarve's Faro airport.

A route to the Canary Islands from Portimão is reportedly also in the making, though not yet confirmed.

It will be a historical moment when the first of the weekly crossings departs from Portimão, not only being of significance to the Algarvean city, but to Portugal as a whole, as it will be the first sea-crossing between the country on the continent and its island region in 30 years.

According to the Naviera Armas website, the first trip aboard the **Volcano of Tijarafe** is scheduled for June 15th, taking between 21 and 24 hours, with various types of on-board accommodation available.

A round-trip will start from approximately €600. Bookings can now be made on **www.navieraarmas.com**.

A spokesperson for the Algarve-based Pedro Bento de Azevedo navigational agency told **The Portugal News** that, despite ticket sales now being available on-line, "A crossing between Portimão and Funchal is on the agenda, though I cannot confirm anything".

While rumours of more crossings between Portimão and suggested destinations like the UK remain unconfirmed, even vehemently rubbished by the Bento de Azevedo agency, Madeira seems to be opening up to travel between the island region and the European continent.

Recent news has revealed Portuguese airlines TAP and SATA, who currently hold the monopoly on flights between Maderia and Portugal, could soon face competition from other low-cost airlines operating from or via Lisbon.

State Secretary for Tourism Bernardo Trindade confirmed last week "negotiations are taking place with other companies".

"Negotiations are effectively ongoing with other companies but at this moment I don't want to comprise myself or the Republic or Regional governments in stipulating a deadline by which competition will occur".

Liberalising flights between the continent and Madeira has seen TAP and SATA ticket prices soar, in some cases by €400, a basic flight now costing around €600.

For TAP, the Lisbon-Funchal route is its most important and profitable route, in terms of passenger figures.

Since its dredging, Portimão's port has played host to increasingly large cruise ships, being put firmly on the international schedule of places of interest.

Just last week the largest vessel to date docked for a day. Portimão Mayor Manuel da Luz headed a guided tour around the mammoth vessel, belonging to tour operator Thomson's 'Celebration' cruise packages.

Measuring 214 metres in length and with 1,125 passengers on board it was the first 'real' cruise ship to dock in Portimão, as opposed to predecessors of its size, which were forced to drop anchor at sea and transport passengers to the shore by tender.

In October a 12-night cruise to Cape Verde, passing through the Canary Islands, will depart from Portimão, hoped to be the first of many.

More recently, news has emerged that leading cruise ship operators Royal Caribbean are to include Portimão in their European schedules, having allegedly commissioned several new liners and said to be in the midst of recruiting staff from around Portugal.

Whilst at the time of going to press, **The Portugal News** was unable to confirm this with any official Royal Caribbean representative, it is understood that over the next few years the company is set to recruit 250,000 new members of staff, which will include workers from all over Portugal, mainly Lisbon and the Algarve.

Website cruisecomplete.com featured a number of ships set to visit Portimão as of September this year, namely Seabourn Pride, of the Seabourn Cruise Line, though no visits from Royal Caribbean were found, on their website or otherwise.

As of summer 2008, Portimão's port, which has attracted negative press as sources claimed extensive dredging was damaging the river and its bed's unique ecosystem, could soon rival that of Lisbon, in terms of passenger figures, the number of vessels passing through, and indeed the sheer size of those vessels.

With Portimão fast being transformed into an elite international destination, the scope in revenue for local businesses could be boosted in a fashion that can only be described as unimaginable, with thousands of high-spending visitors disembarking in the quaint city, possibly even on a daily basis, catapulting Portimão to the top of Europe's desirable cruising destinations.

Carrie-Marie Bratley/ Brendan de Beer

Girl dies in school bus crash

A 12-year-old girl has died after a lorry crashed into a bus, in which she was travelling with twenty other children, on a road between Sesimbra and Setúbal.

The accident occurred at around 18h15 on the EN 379 last Sunday.

A medical emergency team, from Garcia Horta Hospital, Almada, was sent immediately to the location and Sesimbra Fire Fighters were also dispatched.

The three injured children, who only suffered minor injuries, were attended to at on the scene and were taken to Garcia Horta Hospital later.

The bus belongs to transportation company Luísa Todi and was travelling the Palmela-Sesimbra route.

According to Sesimbra Fire Fighters Captain, Ricardo Cruz, the accident happened after the lorry lost control and veered into the side of the bus.

The bus had 20 children on board, aged between 11 and 15 years old, who attend a private school in Palmela.

A 12-year-old girl died and another three children were injured when a bus collided with a truck between Sesimbra and Setúbal, in Alto das Vinhas on May 5th. (Photo: Lusa)

Lisbon Municipal Police in action

Last week, six of the 139 building constructions inspected by Lisbon Municipal Police were halted after it was found they were not working within the law.

In other police activities, 144 vehicles were removed from the roads, 138 were towed away due to incorrect parking and 516 were clamped in the streets of the capital, creating 1,028 fines in total.

Fairs and peddlers were another target of the Municipal Police, seizing 287 DVD's, 818 garments of counterfeit clothes, 49 pairs of shoes, 280 pairs of sunglasses, over 400 kilos of horticultural products and fish, and 369 pieces of jewellery and trinkets, at an estimated value of €20,000.

Lisbon Indie Film Festival success

Around 36,000 spectators attended the fifth International Independent Cinema Festival – IndieLisboa, an event that was held between 24th April and 4th May and at which 238 films were exhibited in 236 sessions.

IndieLisboa had seven reserved spaces for the viewing of the films at Forum Lisboa, Maria Matos Theatre and Londres and São Jorge cinemas.

Of all the films shown, 83 full-length and 155 short films, most had European origins of which 48 were full length and 131 were short films.

The €15,000 prize for a full-length film was awarded to 'Wonderful Town', directed by Aditya Assarat, from Thailand, voted by an international jury which consisted of renowned figures such as Catherine Bizern, Charlotte Garson, Daniel Blaufuks, Jody Shapiro and Neil Young.

'One Day', by Ditte Haarlov Johnsen from Denmark, was the winner of the short film category, taking home the €3,000 prize.

'Via de Acesso' documentary, by Nathalie Mansoux, won the Tobis prize for a Portuguese full length film (€5,000) and 'Terra Sonâmbula', of Portuguese director Teresa Prata, won the Public Prize for a full length film (€2,000).

Ocean Festival expects 300,000

Working together with the celebration of ten years since Expo'98, the Ocean Festival returns in the first two weeks of August to Lisbon. Several events are to be held in the riverside area of the Expo site and in historic neighbourhoods of the capital.

Last year, over the 16 days of the event, more than 200,000 spectators attended, and Lisbon this year is raising the bar, expecting 50 percent more people due to better publicity and better entertainment.

The organisers will be the same as last year, *Realizar*, but the budget has been raised to two million euros, €750,000 from sponsors and the rest from ATL (Turismo de Lisboa) and Turismo de Portugal.

The official inauguration is on 2nd August in the *Parque das Nações* with the repetition of an event that was a big hit last year, Ocean Parade.

The shows continue on 3rd, 4th, 11th and 12th August with new circus performances by Sines Theatre Company. On Saturday 9th the party moves to Terreiro do Paço, where several concerts and pyro-musical entertainment are expected.

The festival takes place from 2nd to 16th of August and during the two weeks, Lisbon's museums are being encouraged to stay open until midnight, several of them already confirming.

Water supply at risk in Sintra

The premature degradation of the pipes that provides Sintra Council with water could stop, at any moment, supplying water to 70 percent of its residents.

Baptista Alves, President of Water and Sanitary Municipal Services (SMAS), says the metre diameter pipe that connects Carenque to Mercês "has signs of early degradation" that might cause the mains to burst and the subsequent loss of supply to the council.

The SMAS and the Town Hall are preparing to buy a new 8.5 kilometre water system and surrounding terrain from EPAL, at a €4.5 million price tag.

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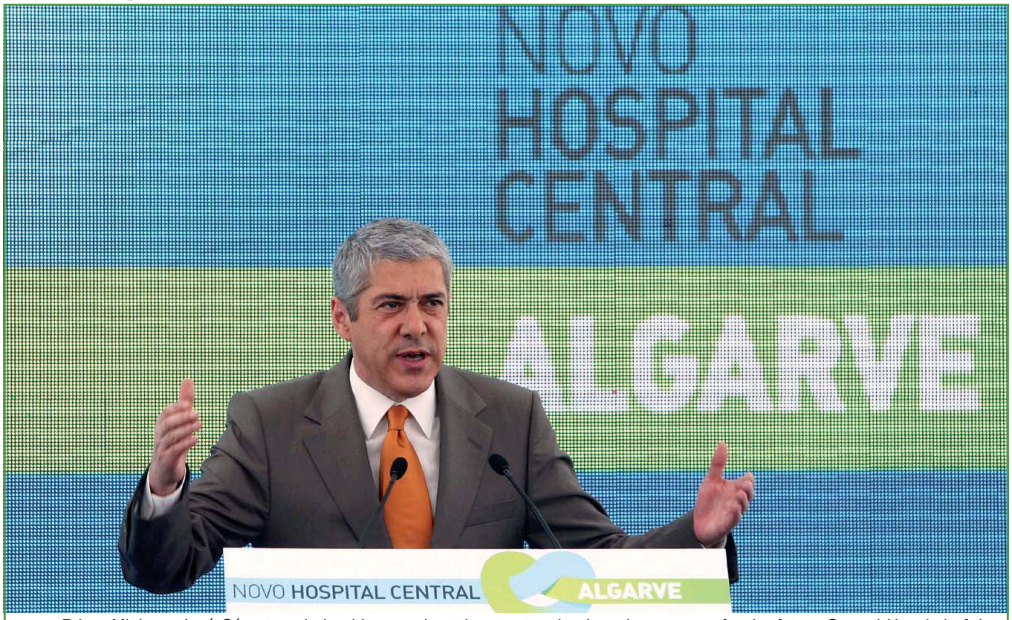
Algarve Central Hospital project gets green light



Prime Minister, José Sócrates, during his speech at the construction launch ceremony for the future Central Hospital of the Algarve in Faro. (Photo: Luis Forra / Lusa)

On Saturday 3rd May, Prime Minister José Sócrates initiated the public contest for the construction of the future Central Hospital, to be located between Faro and Loulé, and should be fully functional by 2013.

Building should start next year so the structure, set to be located at the 'Parque das Cidades', can be ready by 2012 and fully functional the year after.

The new unit, to be built in a public/private partnership, will have 549 beds, 15 more for palliative care and it will be given ten operating theatres, 46 out patient rooms and 43 hospital day rooms.

The Algarve Central Hospital will offer new specialities, not available in Faro Hospital, such as Vascular Surgery, Paediatrics, Endocrinology, Neuroradiology and Radiotherapy.

With a total investment of €250 million, the partnership includes the contract for construction, equipment and maintenance of the building for thirty years plus ten for the supply and management of backup services.

The new unit is under the umbrella of nine councils in the Eastern Algarve: Albufeira, Loulé, Faro, Olhão, São Brás de Alportel, Tavira, Alcoutim, Castro Marim and Vila Real de Santo António.

Famous Algarve resort re-branded

The Vale do Lobo resort in Loulé, Almancil, this week unveiled a new corporate image which it hopes will reinforce the unique lifestyle of the resort and illustrates the strategies for international expansion earmarked for future development by the company.

As a demonstration of the development and evolution of the resort and reinforcing its position as a leader in the luxury real estate and tourism market, Vale do Lobo presented new corporate image on Tuesday.

VALE DO LOBO
ALGARVE

Since the resort's foundation in 1962, the logo has symbolised the unique lifestyle that characterises and ultimately differentiates Vale do Lobo.

Over the years, this image has been renewed and adapted in line with important milestones and developments that have marked its history. The logo that is presented today reflects a special moment in the life of Vale do Lobo: a new era of expansion.

With an investment of over one million euros the re-branding of Vale do Lobo is being developed jointly by the company Brand Fiction and the resort's own Marketing and Communications Department.

Portimão comes to life with F1 Boat Grand Prix

Jay Price has won the F1 Grand Prix boat race on Arade river while Portuguese racer Duarte Benavente took fourth.

North American Jay Price won his first Grand Prix, finishing the 55 laps of the course in 52.29 minutes, 16.05 seconds ahead of Ahmad Al Hameli (Team Abu Dhabi) and 23.58 from Francesco Cantando (Singha Team).

The race was lead most of the way by Ahmad Al Hameli, who started from pole position, but was overtaken by Price ten laps from the end and from then on Price's pace was faster, finishing with a comfortable margin.

The Portugal Grand Prix was a dramatic one as eleven drivers were forced to quit and the race was interrupted three times (yellow flags), the first flag raised because of a crash between Jonas Andersson (Team Sweden) and Thani Al Qamzi (Team Abu Dhabi).

Guido Cappellini, winner of seven out of the ten Grand Prix held in Portimão, also had to quit due to problems with his engine on the 28th lap.

Jay Price is now the World Championship leader with 35 points; Jonas Andersson is second (20) and Duarte Benavente jumped to seventh, just ahead of Guido Cappellini.

Olhão Municipal Auditorium nears completion

The new Auditorium, located close to Docapesca of Olhão, is in its final stages of completion. Olhão Town Hall has now started a competition for the landscaping of surrounding spaces.

The opening of the Municipal Auditorium, a modern and audacious space, will allow a great range of events and shows to be held, from films, theatre, musical performances and conferences to debates.

With the imposing building already constructed, the development is now in a finishing phase with scenic equipment and illumination being fitted as well as furniture for all areas. Simultaneously, Olhão council have opened a public contest for the design of the garden areas surrounding the building.

The preservation of the old chimney of Ramires factory, which is used by storks for nesting, was one of the priorities of the Council and will be one of the attractions when the Auditorium is inaugurated.

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Charity football match a sporting success

Kicking off with an early first goal from the Manchester Rovers, followed by a two goals from Havana's local 'All Star' team (courtesy of well-known barman Manecas Neves and Alvor youth Paul Pipe) last weekend's charity football match in aid of the Estômbar Donkey Sanctuary got off to an eventful start.

The second half kicked off with two quick goals from the Mancunians, leaving the locals trailing the whole of the second half.

However, a last minute equalizer left the 'friendly' a well-fought three-all.

As everyone was exhausted from their exertions, extra time was skipped and went straight to penalties, the local team winning after Havana Bar's very own Craig Timmis scored the golden goal.

Spectators were behind their local lads 101 per cent, resulting in a lot of shouting and screaming.

Manchester Rovers captain, Rob Taylor, said it was such a close game and the whole team enjoyed it so much they have already signed up for a rematch next year.

Apparently, with a little more training, they believe next year they can take the cup back to Manchester!

A much needed 300 was raised for the Estômbar Donkey Sanctuary, thanks to Craig and Jennie from Carvoeiro's popular Havana Bar.

Sanctuary representatives Gloria and Celia had a wonderful afternoon and were very grateful to all the generous donations from the spectators.

They would like to say a big "thank you" to everyone who supports their very deserving charity, which at the moment has 111 dogs, 35 cats, and 11 donkeys that would all love caring homes.

Anyone who would like to adopt a dog or a cat can make an appointment so see the shelter by dropping in to any one of their 4 shops located in Carvoeiro and Lagoa.

The Sanctuary would like to appeal for volunteers to help out in their shops, for four hours a week as well as donations of unwanted clothes and furniture. Just drop any items off at your local shop.

A charity football match in aid of the Estômbar Donkey Sanctuary was held last weekend.

April fall for Faro passengers

More flights yet less passengers was the outcome for the month of April in terms of Faro airport figures.

easyJet still retains clear dominance, being responsible for more then 20 per cent of all flights and passengers last month.

During April 2008 the airport registered a growth of 2.3 per cent in airport movement, though suffered a 2.4 loss in commercial passenger figures, in comparison to the same month of the previous year.

However, an overall passenger growth of 4.8 per cent was insufficient to compensate a significant decrease within the charter sector.

The number of British passengers was the only market to have experienced positive growth in flight and passenger figures, the most noticeable increase coming from London, mainly due to the rise in daily flights to and from the capital.

Algarve safety a priority

On 4th May, Internal Affairs Minister assured "nothing" will lack in the Algarve in terms of safety during the summer, season of highest risk and when backup is most needed for tourism.

Rui Pereira said the Government will provide the Algarve with what is considered to be "necessary" and "useful" reinforcement for the region.

"We are seeing what the necessities are, to guarantee the Algarve populations' safety, as well as the tourists' and we will do everything to ensure there is the required safety", said Rui Pereira to journalists after the presentation of the new fire fighting operational device in Lagos.

Rui Pereira also added that, by the end of his term of office, 4,500 PSP and GNR officers will have been recruited and, this year, one thousand new vehicles will have been acquired for both security forces.

Three more beaches to hoist the Blue Flag

The Blue Flag Association rewarded 193 beaches in Portugal this year, three more than last year.

The busy beaches of Maçãs, in Sintra, Carcavelos and Parede, in Cascais, and Castelo and Morena, in Costa da Caparica, are some of the Lisbon and Tagus Valley beaches to lose the acclaimed flag this year.

In the Algarve, according to data revealed by the association responsible for the attribution of the Blue Flag, three beaches also lost the flag: Porto de Mós, in Lagos, and Três Irmãos and Praia do Vau, in Portimão.

However, Porto Council got its first Blue Flag, which will be put up on Homem do Leme beach.

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Study Group from Brazil entertained by Algarvean Rotary Clubs

The five members of the group

As part of an Annual International Exchange Programme organised by Rotary Clubs in Brazil and in the Algarve, (specifically Loulé), five members of a study group from Brazil have been introduced to a programme of cultural and professional development. The visit was thoughtfully organised and painstakingly arranged by Dra Isabel Flores, Deputy District Governor for Portugal District 1960.

The members involved in the exchange were selected in Brazil especially for their potential to gain from, interpret and to report back professionally on their cultural and business experiences here in Portugal and in the Azores. A Brazilian Lawyer and Rotarian led the group, while the other four members had expressed an interest in joining the Rotarian movement because of its emphasis on international understanding and peace.

The tightly scheduled programme organised for the mature students included, visits to Childrens' Homes, schools, museums, a university, Camara offices, and a Palace of Justice. There were presentational dinners, one of which was hosted by Silves Rotary Club, and attended by members of other Rotary clubs, including The Almancil International Rotary Club, and Brazilian members were offered many other opportunities to meet and forge links with local business leaders. The Algarvian leg of their journey ended with them joining Almancil International Rotary Club on a merry coach trip to Beja, where they were taken to the Roman Ruins and to the vineyard Herdade de Grous. At the exclusive restaurant they had a notably relaxed and delicious lunch accompanied by a wine tasting of the Vineyard's own red and white wines. The members were able to take advantage of several hours of conversing with a wide range of people, representing many professions and nationalities. Dra Flores arranged that the President of Evora Rotary Club, together with six club members came to the lunch in order to promote the international spirit of fellowship. The Evora party then escorted the Brazilians to the next part of their journey of cultural exchange. They were later to meet with local business leaders and câmara officials across Evora, Fatima and the Azores, before returning home on May 19th.

The Brazilian party, fortunate enough to be offered this unique opportunity consisted of:

Tito Livio de Assis Góes, the leader of the Party. Dr Livio, a lawyer and Rotarian, (50) is especially interested in the administration of orphanages and the use of voluntary workers at such establishments, as well as making contacts with Portuguese lawyers. In Brazil, he presides over a juvenile panel, which cares for over 1,000 children and adolescents at risk.

Marcel Barreto Spillere do Silva (36) is a Microbiologist specialising in cholesterol research, with a special interest in creating international professional contacts.

Marco Antonio Harms Dias, (34) is a Senior University Professor in Economics anxious to establish links with other universities, schools and all organisations offering new approaches to youth education.

Gisele Pereiro Teixeiro (27) has a degree in Administration, and wants to experience new cultures, and build relationships between organisations.

Joseliane Sonagil (26 Years) is a lawyer particularly interested in law schools and universities which teach law, and is equally interested in all aspects of Portuguese culture and history.

The Almancil International Rotary Club is particularly delighted to have been involved with this programme, as the aim of the club is to support and to enhance international understanding, goodwill and peace through a worldwide network of friendship and collaboration among business and professional persons united in the ideals of service.

PM confirms demolition of housing bordering Ria Formosa

On Friday 2nd May, Prime Minister José Sócrates guaranteed the renovation of the Ria Formosa will be completed by 2012 and affirmed that with "Polis Litoral Ria Formosa" project, house demolitions will definitely occur .

Despite confirming the demolitions, Prime Minister Sócrates did not clarify how many houses were going to be knocked down nor when.

During the official presentation of the project, the Prime-Minister noted that with the Odelouca Damn guaranteeing water in the region, the launch of the Central Hospital of the Algarve and the renovation of the EN 125, the Government is working to "construct a new Algarve", "a quality Algarve".

Five years and €87 million of investment for the preservation of nature is only possible with a strategic vision for the region, defended Sócrates, stressing that the Algarve still has a lot to give to the country and can help to contribute to the Portuguese economy.

The "Polis Litoral Ria Formosa" project is intended to renovate and increase the value of 12 beaches, 48 kilometres of maritime coast and 57 kilometres of the river front, involving five Algarve Councils.

The value of preliminary investment is around €87.5 million, €42 million of which comes from community financing (Cohesion Fund, FEDER and European Funds for Fishing). The national financing (€45.4 million) is shared between the Environment Ministry, the Regional Territory Ordaining Committee (€14.1 million), the councils involved (€8.5 million) and entities such as Public Works Ministry, Communication and Transport, Port Institute and Maritime Transports and Economic and Innovation Ministry (€13,7 million altogether).

The remaining €8.9 million is guaranteed by private investors and the Habitation and Urban Rehabilitation Institute.

Dr John Piper MB, BS, FRCS

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St. Andrew's Society meeting

The next meeting of the Eastern Algarve St. Andrew's Society will be on Saturday 17th May at Quinta Fonte do Bispo in Sta. Catarina, at 4p.m. All Scots will be warmly welcomed.

There are plans to hold a Chieftain's Summer Barbecue in late June, and regular Scottish country dance evenings. For more information please contact elspethflood@sapo.pt or 915 547 621 or 289 999 335.

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

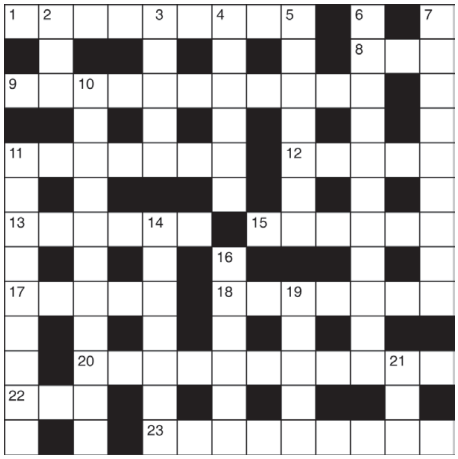
							7	
	3		7				2	5
1	9				8	6		
6				8		5		
				3				
		8		4				1
		9	1				8	2
8	7				4		5	
	5							

Last weeks solution:

6	1	5	9	4	8	2	7	3
9	3	7	1	2	6	5	8	4
2	4	8	3	5	7	9	6	1
3	7	1	6	8	2	4	9	5
8	6	9	5	1	4	7	3	2
5	2	4	7	9	3	6	1	8
4	5	6	8	7	1	3	2	9
7	8	2	4	3	9	1	5	6
1	9	3	2	6	5	8	4	7

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

The Portugal News Crossword No. 191



QUICK CLUES

ACROSS
1. Pompous (9)
8. Aged (3)
9. Curse (11)
11. Superintend (7)
12. Main (5)
13. Rumpus (6)
15. Spirit (6)
17. Decree (5)
18. Insult (7)
20. With diligence (11)
22. Small child (3)
23. Artifice (9)

DOWN
2. Edge (3)
3. Frock (5)
4. Wild ass (6)
5. Incident (7)
6. Quarrelsome (11)
7. Decoration (9)
10. Hasty (11)
11. Indecency (9)
14. Hates (7)
16. Pantry (6)
19. Van (5)
21. Falsehood (3)

QUICK SOLUTIONS No. 190
Across: 1 Tremendous; 7 Chant; 8 Prosaic; 10 Evermore; 11 Calm; 13 Estate; 15 Reveal; 17 Alas; 18 Despotic; 21 Explode; 22 Night; 23 Persistent.
Down: 1 Trade; 2 Estimate; 3 Expire; 4 Drop; 5 Unaware; 6 Accelerate; 9 Complicate; 12 Response; 14 Trample; 16 Recess; 19 Tight; 20 Boss.

Back to Basics

Stand up straight, don't slouch, hold your tummy in, all postural correction techniques we have probably been told over the years, but really taken very little notice of. However backache, stress in the shoulders, tight neck and limited range of mobility are all direct results of poor posture. So what is good and bad posture and why is it important for golf?

Without getting too technical there are 3 main types of posture or spine that we see at set up in golf.

N Spine (Good posture)– when the spine appears straight or has a slight S curve from the base of the neck to the top of the bottom. Postural muscles are in balance supporting the spine.

C Spine (Poor posture) – When the spine is curved in a c shape from the top to the bottom. The shoulders slump forward and the lower curve is eliminated or reduced.

S Spine (Poor posture) – This appears that the upper spine is curved much like the c posture but the curve in the lower spine is exaggerated.

The two poor posture types are called upper and lower crossed syndromes and the cause can in most cases be firmly attributed to modern life and muscle imbalances caused by modern lifestyle. Slumped shoulders can be attributed to tight chest muscles and weak upper back muscles – too much working at desks, driving or even bad golf. S spine is attributed to weakness in the abs and backside, and tightness in hip flexors and lower back muscles – too much sitting down, weight in the wrong places and lack of correct exercise.

So how does this affect your golf game? Well the C spine posture directly restricts your ability to turn your upper back, which will limit your ability to create a good back swing. This introduces various compensation moves to enable you to complete a backswing, but will create an inconsistent swing path. The S spine posture puts abnormally high stress on the muscles in the lower back and causes the abdominal muscles to relax. This deactivation of the core puts the lower body out of position on the downswing and will affect the sequences of motion in the golf swing as well as increasing the chance of injury.

The good news is all of this can be changed but these changes need to be addressed first away from the golf course. The following are exercises, which can be done to help improve your posture not just for golf but also for life.

On the Go

Upright postural correction is something that can be done at any time in any place. The more often it is done the more it becomes an automatic action.

The Sergeant Major – Whenever standing up lift your chest to extend your spine, pull back your shoulders to fire up the postural muscles in the upper back, drop your arms to the side and relax your shoulders. Hold this position for 5 secs then walk forward letting your arms swing naturally by your side.

At home

Spinal Wave– Position yourself on your hands and knees (shoulders above hands and hips above knees). Tuck your chin to your chest round your upper back and pull in your pelvis (tuck your tail between you legs). Hold for 5 secs then drop your hips, straighten your back and lift your head. Hold for 5 secs then repeat the sequence. You will create the feeling of a wave of motion moving from your head down your spine to your bottom and back. This encourages full flexion and extension of the spine and correct activation/ de-activation of the muscles to do this.

In the gym

The Freeze - it requires an exercise ball or Swiss ball. First, begin by sitting on the ball in an upright posture. Then slowly walk forward with the feet while slowly lowering the upper body onto the ball. Once the ball is between the shoulder blades, you then raise your hips upward so the body is lying flat on the ball (resembling a table top). The final step is to place the arms outstretched in a 90 degree / 90 degree fashion.

This final portion serves to help stretch out the chest and shoulders, both of which can cause the "C" posture. This stretch is to be done in a slow controlled manner for 30-60 seconds.

At the range

Tiger spine - This drill simply requires the use of your driver. Begin by getting into your golf stance and placing the shaft onto your spine starting from your lower back. This drill is best performed with a partner to get the maximum amount of personal feedback.

Try to alter your spine in a fashion that allows for you to have a majority of your back touching the shaft. Once the back is touching a majority of the shaft you are closer to, or have achieved the "N" posture that is so essential. This drill is to be performed in a controlled manner, and no position should be forced into an uncomfortable position.

My next article will focus on the pelvis tilt and how practising this move will increase the distance of your drives and do wonders for your sex life.

Graham Morgan is a Titleist Performance Institute Certified Golf Fitness Instructor working the Algarve. For more information on "how to improve the future of your golf game" call Graham, Tm: 916774624 or email golfpowertraining@gmail.com

TPI CERTIFIED GOLF FITNESS INSTRUCTOR

Let's Walk from Boa Hora

Saturday May 10 & Monday May 12

A moderately easy 2 hour walk deep in the heart of the barrocal - totally unspoilt and beautiful.

10.30 start at the Igreja Boa Hora. Exit the A22 for Boliqueime and follow signs for Loulé. After the quarry turn left and at the next T junction turn left again. Drive through Parragil and 200m down the hill you come to Boa Hora, the sign for the church is a further 200m with a turn to the left by a pink house.

Walk leaders: Julie Statham & Neil Joseph (Tel: 965 753 033)

Future walks:
The heart of Monchique - Wednesday May 21
The Alvor Estuary - Saturday May 24

There is no need to book the walk please just come along (there is a small charge which includes a donation to charity)

Vale de Milho Golf

Ideal for short game practise!
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Ideal for beginners!

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The McCanns

SIR, You report (3 May) that just over half your readers believe that Kate and Gerry McCann did not have a hand in their daughters disappearance. Also that the rest of your readers, just under half, believe that they did. This is so at variance with the views I have heard from ex-pats I encounter that I have to challenge the validity of your survey. Nearly everyone I have spoken to about Madeleine's disappearance considers her parents to be the victims of a very nasty crime, not the perpetrators of it. Suggestions to the contrary have just added insult to injury to a couple already fraught with worry about what has happened to their daughter.

I do not know how your survey was conducted and who you telephoned (how many of your readers' telephone numbers do you know?) but I suspect it presents a very misleading picture of your readers' opinions. If, however, you are right and I am wrong, perhaps some of the 46.83% of your readers who "believe that Kate and Gerry McCann were involved in the disappearance of their daughter" could explain on what grounds they base that belief.

NORMAN WALKER, Moncarapacho

Editors note: We are extremely careful in the way we conduct any poll from our substantial database of subscribers and readers. We had seven operators calling throughout Wednesday prior to publication. It was a cross section of our readers living in the Algarve, who were given a simple choice of a YES or NO answer. We were as surprised as you by the results, but that's what people told us they think. You should bear in mind that people tend to be a lot more frank about what they feel when they know their views are being expressed anonymously.

A useful tip

SIR, May I thank everyone who has said such nice things about my short story in the recent competition. I was thrilled to be picked as winner and despite me thinking it would go unnoticed, I had so many kind and positive comments from people everywhere. Thank you again.

Regarding 'Only in America' Letters page May 3rd. The opening states 'I cannot vouch for the truth of it of course'. Well, if you would only look on www.truthorfiction.com (click on Search in the left-hand column, then type in key words) or www.hoax-slayer.com you **would** be able to verify that it is indeed false and just a rumour, which has been circulating since 1968. Perhaps if more people did this before sending on mails 'to everyone in your address book' there would be some chance of stopping the untruths spreading!

This works very well for so-called health warnings, missing people, virus warnings, petitions, bad advice, scams etc. I always check there before passing anything along - and consequently very little actually does need to be forwarded.

PAT ALLEN, By e-mail

There is no Brazilian language!

SIR, Ref. to your article "Portuguese to be replaced by Brazilian", dated May 3rd, let me put you in the picture, as I have already done many times with Portuguese friends, because they always say we speak 'Brasileiro'.

What is spoken in Brasil is Portuguese. The difference lies in the pronunciation, the phrase construction, and above all the rounder sound Brazilian Portuguese has. It sounds nicer, fuller and it is much faster to speak and write. So much so that all foreigners who come to Brasil, learn the language double so fast as in Portugal.

In Portugal many people are convinced that there is a "Brasileiro" language, but that's totally wrong. Brasileiro could have been and probably still is the native language spoken by the Indians, or if one wants to be super precise, this language is called **Tupi-guarani**. This native language is being studied for years, and no one of us can understand one word.

It would be the same as saying that in Canada they speak Canadian, or in America, American or in Australia, Australian. They all speak English, just differently.

So, may I suggest that for your next article about the 'Acordo Ortografico' (which will be excellent for both countries), just say that in Brasil the official language is Portuguese, and that there is no 'Brazilian' language. This will make your article be more precise, correct and trust worthy.

THOMAS SCHEIER, Cascais

Re. Letter from James Ross

SIR, James Ross concluded the last sentence of his letter about same sex marriage with the words "A new world order is dawning". As he used the lower case, I assume he did not mean a much more sinister organisation known as The New World Order whose goal, quote, is to create a One World (fascist) Government, stripped of nationalistic and regional boundaries and that is obedient to their agenda. The intention is to effect complete and total control over a brainwashed world population reduced to no more than a billion. There will be no middle class, only rulers and servants. Among many covert organisations involved are said to be The Illuminati, Opus Dei, The House of Psion and the Bilderbergers.

For those with access to Google, typing in 'The New World Order. An Overview' will bring up a seven page article which sums up the alleged activities of the organisation and offers plausible reasons for much of what has happened politically, financially and militarily on the world scene in the past.

What makes it all a little suspect to me is that some phrases read more like lines from a novel about space age invaders: "American drug money is used to pay for innumerable 'black projects', including the construction of huge underground cities housing both humans and aliens working with the secret American Government" and "The toll in human suffering and the loss of civilian lives are non issues for these individuals who are aligned with very dark and malevolent 4th dimensional reptilian aliens controlling and manipulating the human Illuminati" Yeah, right!

Frankly, I think we have more to worry about the ease and speed with which ever increasing numbers of Muslim immigrants are coercing Christian host nations into accepting their laws and way of life.

RON LAVERY, By e-mail

Response to A.M. Payne & Hein Weller

SIR, I refer to A.M. Payne's letter - 3rd. May, as well as the letter written by Hein Weller of Hanover, Germany, to which Mr. Payne refers. Mr. Weller I thought had some valid points and in fact didn't advocate the supply of such services as water, waste disposal and bins for rubbish be free! Mr. Weller would have been as delighted as I to perceive that such a Service Station is indeed opening (a 10-van station) in Portimão district. Paulo Rosa, connected to Camping Car Portugal, said, and I quote: "This is an innovative project for Algarve councils."

At last somebody is being positive in resolving the 'travelling camping-van situation', instead of the negative attitudes that have been forthcoming from certain expats, who appear resentful of these tourists.

Nobody using the facilities at this van station would expect the services to be free and would be happy to contribute to the facility service. A nominal sum would pay for the service and help to reduce the blood pressure of the likes of the Mr. Payne's of Europe, who, [should] I would suggest, re-read Mr. Weller's letter, which does indicate payment of such services.

Incidently, I must assume from Mr. Payne's letter that when he visits a beach area outside his own local rates area he takes his own water, looks for a 'paid' not 'free' parking area, and takes all his own rubbish home and not use the bins provided!

Most of us 'Winter-season' camping-van persons leave behind houses in northern Europe, which still attract rates and expenses in their absence. I for one do not envy my neighbours because for six months of the year I am helping to pay their expenses when I am abroad.

Much of the environmental improvements such as new roads, seafront projects, etc. in Spain and Portugal are financed by EU funding for which we European camper-van travellers contribute. We are happy to do so because we love to visit and travel through [these] beautiful countries, viewing nature and meeting the 'true' Portuguese people.

DOUGLAS HAROLD, Kingston-upon-Thames, UK

In His Hands

A friend recently told me about how much he enjoyed his one and only experience skydiving. He had saved for it and splurged on fulfilling this long time dream. The initial intense fear followed by the adrenaline rush exceeded his anticipation. He loved it!

I doubt that skydiving is something I will ever do. For me it is more of a nightmare than a dream. However, in life, as in skydiving, the crux of the matter is trust. Whom should we trust? We all place our trust in someone or something countless times a day whether we realize it or not. We put our lives into the pilot's hands every time we fly. We put our lives in the surgeon's hands when our health depends on it. When we drive, when we consume food or medication, when we enter a new relationship, when we start a new job, trust is involved in each of these and in almost every other worthwhile pursuit. As believers we realize that we are not in control of our destinies or our lives. Our lives are in God's hands. God, Creator and Sustainer, is the author of life and death.

Moving to Portugal from the United States almost seven years ago was a big step for my husband and me. Bringing our youngest daughter with us, we would now be separated by over 3,000 miles from our other two daughters, our son-in-law, grandson and our parents and siblings. As we left our simple Iowa lifestyle behind, we wondered if we could adjust and adapt. Would we be able to learn a new language in our mid-forties? The decision was not made lightly. Finally, with our family's support and agreement, we moved ahead believing that this was His will for us during this season of our lives.

The day before we flew to Portugal was a Sunday. I can't help but remember the words to a Kathy Trocolli song our daughters sang in church that day in July of 2001. I have carried its message with me for six and a half years. Wherever on this globe we live, our lives are in the Master's hands.

My life is in your hands
My heart is in your keeping
I'm never without hope
Not when my future is
with You
My life is in your hands
And though I may not
see clearly
I will lift my voice and sing
Cause your love does
amazing things
Lord, I know, my life is in
your hands

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take". Proverbs 3:5-6

More information about how to have a relationship with God can be found at *www.rbc.org/personal_relationship_with_god.page*

351 Portuguese for all

Na lição de hoje vamos resolver um exercício de formação de palavras.
Até à próxima lição, Emília Rosendo.

Exercise 1: Fill in the chart below with Verbs or Nouns.

VERB	NOUN
reunir	
	empréstimo
seleccionar	
	pedido
escolher	
	defesa
separar	

Exercise 2: Use the words from the chart to complete the sentences which follow. Verbs must be in the correct tense and form.

1. - Vocês já _____ o destino de férias?
- Não, ainda não. Entre ir para a praia ou para a montanha é uma _____ muito difícil, pois gostamos dos dois destinos.

2. O banco não aprovou o nosso _____ de _____ .

3. O treinador já _____ a equipa que vai jogar na próxima semana. Ele fez a _____ dos melhores e mais rápidos jogadores.

4. Hoje em dia, cada vez mais e mais pessoas _____ o lixo doméstico. Esta _____ é muito importante para o nosso bem-estar e também para a saúde do planeta.

5. - A que horas começa a nossa _____ ? - perguntou um dos alunos.
- Às quatro e meia. - respondeu-lhe a colega

6. O advogado de _____ _____ todas as provas possíveis para _____ o seu cliente em tribunal.

7. O empregado de mesa anotou o _____ dos clientes, agradeceu-lhes e dirigiu-se para a cozinha. Lá, na cozinha, _____ ao cozinheiro que não demorasse muito tempo porque os clientes estavam com pressa.

8. Eu _____ o meu carro ao meu amigo Pedro porque o dele ainda está na oficina.

Please send your completed exercises, with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at The Portugal News and I will send them back corrected. **The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.**

WHERE TO WORSHIP

Sorry, we have no room for The Community Page this week. For information on Where to Worship, please call 917 240 123 (any time)

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Problems with documents? Just call Almancil Serviços

Bureaucracy, bureaucracy, bureaucracy. Sometimes it's enough to drive you crazy. But now there's no need for you to spend hours, days, weeks or months trying to regulate your driving licence, procure your property habitation licence, Portuguese residential documents or other official paperwork required by ex-pats who have decided to relocate to Portugal.

Even if you need to change your car's number plates or settle import duties on the vehicle, Almancil Serviços is there to take care of all these cumbersome requirements.

It has never been easier. Just call into the company's offices and detail your precise requirements. The staff, who between them are fluent in six different languages, will be only too pleased to help you legalise matters related to home, vehicles, property and personal requirements. Leave it to them and rest assured that if anybody can do it they can.

Husband and wife team Alexandra and Luis Romão together with their staff have been resolving bureaucratic problems for their clients since the early 1990s.

Every weekday from 9am through to 6.30pm their office is busy and bustling. Alexandra naturally finds this most encouraging.

"People have come to know where we are and the essential services we offer. Not surprisingly we've become a general information office as well, answering questions on just about everything".

"It´s a rewarding job," continues Alexandra. "We´re helping the public and giving out information all the time. And most importantly people can be seen to be very pleased and satisfied that we answer every query and really do help provide a much needed service".

If you're having problems overcoming the bureaucratic malaise that so often envelopes residents as well as new arrivals to Portugal then why not visit Almancil Serviços at Rua Vale Formosa, Bloco B, Loja 6, Almancil or call them on: (+351) 289 393 412.

Giants (much more than) Windows

If anyone knows about windows it is Franz Adebahr. With over 30 years experience in window-fitting, ten of which were spent in Portugal, he learnt his trade from its roots, therefore having the expertise and knowledge to supply and fit windows of all shapes and styles, from market-leading equipment, to tailor-made, handcrafted windows.

Giants Windows was established last year by Franz and his partner Katja Paweletz (see photo), both originally from Dortmund.

German windows are renowned for their unrivalled quality and durability.

Supplying the latest in German standard products with top-quality PVC, Giants Windows also specialise in 'Glass Curtains', which are designed and manufactured by the company here in Portugal.

Glass Curtains offer an uninterrupted way of partitioning or enclosing open areas, such as balconies and terraces. They can be elegant or trendy, whilst still being practical and extending living spaces.

Another unique product Giants Windows provide is sky lights, often an ingenious way of letting in more light, as well as becoming an attractive feature for any ceiling.

PVC, wood and aluminium windows are also supplied, as well as a range of doors, shutters, roller blinds, fly screens and garage doors.

Covering the whole of the Algarve, free on-site estimates are given. Larger projects are carried out with the input and expertise of architects and experienced builders. Maintenance, replacing and upgrading of existing windows and frames is also covered, as simple or complicated as the task may be, and always at competitive prices.

Now is an ideal time to fit or replace windows, as the pleasant, dry weather means less stress all round!

For more information, call Giants Windows on (+351) 289 998 050, fax: 289 998 279, mobile: 911 199 888, or e-mail: giants windows@hotmail.com.

Alternatively, pop into the brand new showroom in Santa Bárbara de Nexe, on the main road to Faro, or see Giants Windows at the Algarve International Fair this weekend at FATACIL in Lagoa, stand number 1.

PDM's sizzling summer services

That time of year is coming round again. Beautiful weather means more outdoor activities, and what could be better than a myriad of discounts to make those activities even more enjoyable. Water parks, theme parks, car hire, excursions, airport and local transfers, you name it, and PDM have it, to wherever, for whenever…

As friends and family flock over to visit and make the most of the Algarve's sensational summer sunshine, see what PDM has to offer to make their holiday (and your summer) even more fun. ZooMarine, Slide & Splash, Aqualand, Lisbon, jeep safaris, shopping trips, whatever your preference for rest and relaxation PDM will be able to arrange it, and at unbeatable prices.

Not only specialising in around-the-globe package holidays at the best prices, PDM can also cater for tailor-made weekend and long-weekend breaks, in Portugal and elsewhere.

Fancy getting away for a few days? Maybe to a cooler destination to escape the over-heated madness of summer, possibly a relaxing cruise up the refreshing Douro River in Northern Portugal? Then give PDM a call.

Gearing their services for summer PDM are looking forward to another busy season, following a successful spring.

Having recently returned from one of their now renowned trips – this time a shopping trip to Gibraltar – more short breaks are in the planning for Autumn and Winter to satisfy a growing demand, including PDM's yearly Christmas shopping trip, this year to Oporto. Included in their huge selection of package holidays is a 12-night cruise to Cape Verde, passing through the Canary Islands, and departing from Portimão.

Leaving October 10th, the all-inclusive cruise starts from €1,129, but places are limited so booking now is advised.

Now established in the Algarve for five years PDM has gone from strength to strength. A reflection of this is its Travel Club, which currently has over 3,000 members in Portugal alone. New products are currently being introduced to the Travel Club, to even better serve its members, including an innovative benefit programme, comprehensive insurance, dental care, and even restaurant discounts.

Another innovative (and rather ingenious) service is PDM's 'Wedding List', where guests can deposit amounts of money towards the bride and groom's honeymoon - a perfect alternative to receiving the traditional toasters and sets of towels (and no doubt more appreciated by the happy couple!)

For more information on any of PDM's holidays or services, contact Freephone: 800 206 375, Tel: (00351) 282 782078, Fax: (00351) 282 760154, or e-mail: pdmtravel @sapo.pt.

Tavira Auction, bid yourself a bargain!

Not only great for finding hidden treasures at bargain prices, but an auction is also a fantastic way to meet new people and have fun.

Tavira Auction, located just outside Tavira, is the ideal place to buy or sell items. Doors open at 9am for previewing with the hammer going down on the first lot at 10am on Saturday 17th May.

Prospective sellers are encouraged to visit the large warehouse now to drop off any items for sale. 'Drop-off Days' for sellers are Monday 12th and Tuesday 13th May from 10h00 – 17h00.

Prospective purchasers are invited to view on Friday the 16th May, from 10h00 – 18h00.

When visiting Tavira Auctions' gigantic showroom expect to find everything and anything imaginable; from full dining sets, Welsh dressers and sofas, to board games, paperweights, textiles and even mosquito nets!

Many items offered for sale are brand new and still in their original packaging. All items are sold as seen.

Any lots that do not sell at their first auction are re-auctioned for a second time the following month. Items are held for two months, after that time, if they are not collected by the seller, they are donated to charity with the sellers consent. Any unwanted or unclaimed items are given to charity.

Gillie Stenvers established Tavira Auction in September 2007. Emma and Mike are long-term friends of Gillie and they "fell into" the business, happily agreeing to take over the auction in January this year. Emma and her husband Mike have been holidaying in Portugal for some 20 years, and decided to make a permanent move 18 months ago.

"It is like nothing we have ever done before", Emma said, "but it is good fun and you get good deals. We have everything from the truly beautiful to the very bizarre!"

The auctions certainly seem to have proved very popular so far with a cross section of Nationalities attending, all trying to snap up a bargain.

There is a bar, which serves a selection of refreshments, alcoholic or non-alcoholic drinks, snacks, sandwiches and homemade soup.

If this is your first auction don't be shy. Register at the desk with Mike and he will give you a bidding number. If you are successful in bidding for an item, just pay Mike and collect your goods on the way out. If you need help with transportation of goods, please talk to Mike.

Remember you pay the hammer price plus 10% on your purchase. Alternatively you can pay on the day and collect on Sunday or Monday mornings. The account must be settled before you leave the auction. This helps us to pay Vendors and keep everyone happy. Seller's commission is set at 15%, with a buyer's commission of 10% being charged.

If you miss this auction, the next auction will be held on Saturday 21st June 2008. Drop off days will be Monday 16th and Tuesday 17th June, with a viewing day of Friday 20th June.

Auctions are held monthly throughout the year with the exception of August. They are every Third Saturday of the month. Drop off days are always on Monday and Tuesday with viewing on Friday in the week running up to the auction day. Tavira Auction, Vale Caranguejo, Tavira. Located near the Mini Preço Supermarket – N125.

For more information, contact Tavira Auctions on: (+351) 916 138 059 or 916 138 060. Website: www.algarveexpats.com.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 10 May 2008

PROPERTY OF THE WEEK

Helena Dias Real Estate

Being one of the oldest established real estate agencies in Albufeira, Helena Dias Real Estate is a government licensed agency which has operated since 1991. Starting as a home based company it now has office and sales stands in Albufeira, and an experienced staff of more than ten, between them speaking Portuguese, English, Danish, German, Swedish Norwegian, Dutch, French, and Spanish.

EDEN

Operating in the Algarve and developing a market mainly in Albufeira, Helena Dias Real Estate also has a wide selection of properties, including apartments, villas and townhouses, land and commercial dwellings, from east to west, along the Algarvean coastline, as well as Lisbon and Northern Portugal's Silver Coast.

So whatever you require, HD Real Estate will endeavour to fulfill your criteria.

Their experienced sales team can expertly advise on matters relevant to buying and selling property, introduce clients to Portugal's top and established lawyers, construction companies, chartered surveyors, banks, villa management companies and furniture packages etc.

Participating in numerous international property road shows also contributing to the company's privileged market position, more recently promoting Portuguese properties in the Madrid-based SIMA exhibition (the largest of its kind in Europe).

Be assured you will receive the best and most comprehensive advice and service from Helena Dias Real Estate.

Comprising their extensive portfolio of properties are numerous new developments and exclusive projects, such as the widely publicised Eden Resort, in Albufeira.

Now on sale, the Eden Resort is a multi-million euro investment about to take shape in Albufeira, the Algarve, covering 11 hectares of land only 20 per cent of which will be developed, the rest becoming beautiful, paradisiacal gardens to which the resort owes its name.

Comprising 198 units, made up of private villas, townhouses and apartments, the Eden Resort is based on a concept of space, light and landscaping.

Its exterior architecture will remain true to the typical regional style of housing, interiors being fully equipped with all modern comforts and quality finishings.

The Quinta da Colina and Vale Pedras resorts are also located in Albufeira, comprising high specification apartments in excellent locations.

It is worth remembering Albufeira is one of the Algarve's most sought after areas, a cosmopolitan city that was recently voted as offering the best standards for living in Portugal, thus presenting unrivalled investment opportunities.

Apartment hotel Alpinus is located on the outskirts of Albufeira, near the Pine Cliff country club and ideal for investors interested in beaches and golf. It comprises spacious one and two-bedroom apartments with generous balconies and living spaces.

There is a five-year rental guarantee of 5.5 per cent of the purchase price.

Owners can use the apartments for 60 days a year between 15th November and 15th March for a fee of just €10 per day, the rest of the year enjoying a 25 per cent discount on rental prices.

Located in the heart of Lisbon, on Rua da Glória, near the main Avenida da Liberdade and Hard Rock Café, Premier Gloria Residence is an ideal product for those who like city breaks and enjoy the eclectic vibe of Lisbon.

Alpinus

Ranging between studios and one-bedroom apartments, with or without private parking, there is a wide price bracket available on these modern, high quality properties, the interior design being provided by specialized architects.

Finding tenents and assuring management can also be provided.

At the top of their game, HD real estate is also in the midst of organising Albufeira's first, and one of the region's largest, Real Estate road-shows.

To be held in the middle of the city, in an open square, the event will be broadcast on national TV and counts on the presence of Albufeira Mayor.

Looking to promote Albufeira as a destination as well as show case the city's real estate markets it is a unique opportunity to see the best of both. It will be held from May 30th – June 1st, 17h00 – 24h00, in the Largo Engº Duarte Pacheco.

For more information on this or any of Helena Dias Real Estate's products or services, please contact: (+351) 289 514 252, 966 224 591, e-mail: info@helenadias.com or see website: www.helenadias.com.

Alternatively, visit the company at this weekend's Algarve International Fair, at the FATACIL grounds in Lagoa, in the property section, stand P30.

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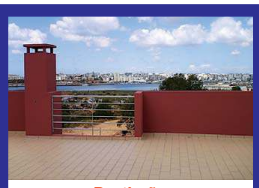
Portimão
T0 (Studio) apartment. All renewed, equipped and furnished with high quality. Air conditioning and LCD Tv. Parking space in garage.
Ref: 0239 Price: € 115.000

Portimão
T2 (2 bedroom) apartment placed in a luxury condominium. The condominium has a high interior swimming pool as well as an exterior swimming pool. It also has a jacuzzi and a playground.
Ref: 0240 Price: € 125.000



Portimão
New villa composed of three bedrooms, one en suite with hydromassage. Living room with fireplace on the ground floor. Air conditioning and central vacuum cleaner. Spacious garage.
Ref: 0166 Price: € 370.000

Portimão
Two T2 (2 bedroom) apartments, both with 2 bedrooms, a bathroom, living room and an and all equipped kitchen with *salamandra* heating. Good reference to the décor designer of these apartments. Swimming pool and BBQ area.
Ref: 0252 Price: € 370.000

Portimão
3 bedroom villa in Belomonte Luxury Residential area. Central heating. Furnished and equipped kitchen, wood oven, large garden with terraces. Laundry. Barbecue and swimming pool. 2 parking places.
Ref: 0091 Price: € 505.000

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Boliqueime
A magnificent location for this brand new 4 Bedroom Villa, nearing completion & available to finish to the buyer's requirements. Fantastic 180 degree sea views in an elevated position & close to all amenities of the Algarve. Not to be missed !
Ref: 196LLE-M Price: € 795.000

Dunas Douradas
Excellent 4 bedroom Villa w/ 2 floors in Dunas Douradas between Vale do Lobo & Qtª do Lago. Fully equipped kitchen & fully furnished. All bedrooms en suite. Large living & dining room w/ fireplace & glass doors leading to Patio.5 mins to Golf Courses, beach & all amenities.
Ref: 186LLE-M Price: € 850.000

Stª Bárbara de Nexe
Most beautiful location for this 5 bedroom Villa w/ fantastic sea views & set in beautiful established gardens, including a restored Windmill. 5 bedrooms (2 en suite), very large-south facing lounge, that leads to patio & pool & views of Ria Formosa Nature Reserve.
Ref: 215FAR-M Price: € 750.000

Campina
Delightful & very pleasing 3 bedroom Villa, w/ good views, nice Pool, garage & gardens, just been redecorated throughout. 2-car parking plus garage space. Just north of S.Brás Alportel, central heating. Could separate for holiday lettings. Really good value for money.
Ref: 198SBA-M Price: € 380.000

Calçada (S.B.Alportel)
Delightful Quinta in quiet & peaceful location, close to S. Brás Alportel. 3 separate self contained Villas plus an annexe & Carport, all in a plot of 910 m2. 5 bedrooms, 3 bathrooms, Saltwater pool, beatiful gardens & private parking. Excellent rental potential and a peaceful residence all in one, with further development potential.
Ref: 211SBA-M Price: € 415.000

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Vilamoura
One bedroom apartment composed of bathroom, lounge with fireplace, kitchen and terrace. Furnished and equipped. Communal swimming pool and garden area. Construction area - 65 sq.m.
Ref: A1244 Price: € 130,000

Vilamoura
Attractive two bedroom apartment composed of 2 bathrooms, lounge with dining area, kitchen and terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area - 119 sq.m.
Ref: A1234 Price: € 340,000

Vilamoura
Spacious semi detached villa composed of 4 bedrooms, 5 bathrooms, lounge, dining area, kitchen, wine cellar, terraces, basement and garage. Swimming pool and garden. Plot area - 490 sq.m. Construction area - 220 sq.m.
Ref: V12558 Price: € 660,000

Vilamoura
Villa situated in front of golf course composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room, storage, barbecue, roof terraces & various terraces. Sw. pool & garden. Plot area - 814 sq.m. Constr. area - 256 sq.m.
Ref: V12560 Price: € 1,250,000

Vilamoura
Plot of land situated in front of the golf course, with project approved for a villa with approximate 400 square metres of construction area. Plot area - 3,859 square metres.
Ref: L44825 Price: €1,350,000

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Tavira: 281 320 281
Vilamoura: 289 301 294

Fonte Santa - Cacela
Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!
Ref: LHT-853 Price: € 199.000

Moncarapacho
Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an upmarket residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.
Ref: LHV-927 Price: € 640.000

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Tavira
Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m2, built in 2005
Ref: LHV-901 Price: € 895.000

Moncarapacho
Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra´s, cov. area 688m2, plot 40.700m2
Ref:LHV-904 Price:€2.400.000

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Carvoeiro central
Top floor apartment close to Carvoeiro beach w/ large communal sw. pool, elevator, ample parking. 2 bedrooms w/ wardrobes, lounge / dining area w/ wood burner, fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment.
Ref: A-235 Price: € 175,000

Salicos
2 bedroom apartment w/ established garden, very private BBQ area, communal sw. pool, most desirable location location, close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/ floor heating in bedrooms. Ideal for rental or permanent home.
Ref: A-237 Price: € 250,000

Near Silves
Charming detached farmhouse on 1200 sqm plot. 2 double bedrooms, 1 shower room, spacious lounge / diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner, garage/ workshop, utility room, space for pool, own borehole.
Ref: V-351 Price: € 269,000

Salicos
Spacious 3 bedroom villa, excellent location w/ view of Monchi-que mountains, on a cul-de-sac. Close to Marinha beach. On 3000 sqm plot. Open space kitchen/lounge/ dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.
Ref: V-349 Price: € 450,000

Carvoeiro
New construction. Villa composed of 3 bedrooms, 3 bathrooms en suite, 1 studio bedroom, 2 wc, lounge, kitchen fully equipped, laundry, 4-car garage, pool, Air conditioning/heating, under floor heating in bathrooms. Large terraces.
Ref:VH-459/07 Price: € 950,000

AMI Nº 7154

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- Fitted Kitchen
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- Communal Swimming Pool

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- Terrace
- Fitted Kitchen
- Air Conditioning
- Golf Rights
- Communal Swimming Pool

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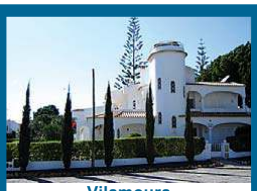

Vilamoura
3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a large basement suitable for a gym/games room or 4th Bedroom.
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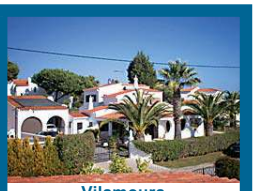
Price: € 660,000

Vilamoura
Large 2 Bedroom townhouse located on a nice complex at the Old Village. The house offers air-conditioning, underground parking & storage and large roof terrace with golf and seaviews.
Exclusive to Silver Holidays
Price: €420,000

Vilamoura – "Old Village"
3 Bedroom townhouse located at the Old Village. This house offers a nice lounge/dining room with wood-burning fireplace and has a nice roof terrace with golf and seaviews.
Price: €375,000

Vilamoura
New 2/3 Bedroom townhouses with electric shutters, modern fully fitted kitchen, electric radiator heating, pre-installed for air-conditioning, central vacuum system and large garage suitable for 3rd bedroom or games room.
Price: €395,000



Vilamoura
4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.
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Price: € 550.000

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- Oil central heating
- Pool, garden, roof terrace
- Villa 240m² plot 2.000m²

Ref. V1101
Price reduced to: € 480.000

Moncarapacho
- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

Ref. V1049
Price: € 1.300.000

FEATURES:
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2 bathrooms (1 en-suite)
2 storage rooms
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Newly fitted fully-equipped kitchen living room with wood burner stove double glazing all round (with tinted glass).
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Well built 4 bedroom semi-detached villa in a quiet urbanisation close to all amenities

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Ref. A82096
Excellent 2 bedroom apartment w/ 3 bathrooms, on luxury resort w/ 27 hole golf course, hotel & spa. Complex w/ large green areas, sw. pool & 2 paddell courts. 190 sqm constr. area. Fully furnished & equipped. Central A/c. Large South facing balcony w/ golf views. 2 undergroung private parking spaces. Also comes w/ own website for rentals. Great investment opportunity!!!
Price: € 349,000

VILAMOURA
Ref. A82097
Lovely 2 bedroom 2 bathroom apartment on a very calm residencial area of Vilamoura. Small complex w/ communal pool. 90 sqm constr. area. Fully fitted kitchen. Pre installed for A/c. This well kept apartment comes with two underground private paking spaces. Great rental potential.
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Ref. V71984
Fantastic 4 bedroom detached villa currently under construction. Few mins walking distance from beach. Nice size plot 1.300 sqm. Total 344 sqm construction incl. Garage basement 49sqm ground floor & 1st floor. Very secluded garden w/ sw. pool. Large rooms. Livingroom w/ fireplace. Fully fitted & equip. kitchen. High quality materials & finishings. A/c. Alarm system.
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- **SANTA BARBARA DE NEXE**, S318, 3 bedrooms, 205 m² living area, 3,750 m² plot, small pool, **€478,000.**
- **SANTA BARBARA DE NEXE**, S280, Quinta, 8 bedrooms, 462m² living aea, 12,800m² plot, pool, **€2,400,000.**
- **SÃO BRÁS DE ALPORTEL**, S291, Quinta from the17th century, 13 bedrooms, 1,200m² living area, 16,000m² plot, pool, **€2,000,000.**

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LAGOS – Praia D. Ana
Price – €285,000.

Charming 2 bedrooms apartment, located a couple of minutes from D. Ana Beach and the Town centre. Private swimming pool and garden.
Air conditioning and fully equipped kitchen. Double garage, storage, large verandas and great sea view.

Aljezur – Odeceixe, Western Algarve
Price – €350,000.

Lovely rustic Villa, with 3 bedrooms, located near Odeceixe and the beach. Built on the most traditional way, with all the amenities. Sold furnished and equipped.
Plot with 4.000 sq.m. Great view towards the beach. GREAT PRICE !

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PROMOTION PRICE for quick sale: €349,000.

- Newly built, quiet area, cul-de-sac, walking distance to the village, near to the beach and Salgados golf course.
- 3 double bedrooms plus one extra room
- Big living kitchen with lovely views
- Pool w/garden, terraces & balconys w/sea views
- Spacious garage w/utility room, great potential.

Unique Townhouses in Different Areas

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- **ALVOR/PORTIMAO**, ST268. Exclusive resort, 3 bedrooms. **From €250,000.**
- **ARMAÇÃO DE PÊRA**, S266. Quiet, huge house, ideal for home with income, sea views.**€425,000.**
- **ALGOZ**. ST295. Very quiet area, 2 bedrooms and mezzanine for extra space. **€199,000.**
- **PERA**, ST261, newly built, quiet area, walking distance to village, nr beach & Salgados golf, 3 beds, big living kitchen, patio w/BBQ, sea views. **€250,000.**
- **CABANAS**, ST204. Front line position. Ria Formosa / sea, 2/3 bedrooms, holiday resort. **€500,000.**

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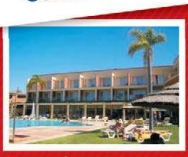

Lagoa | €183.500
Fantastic one bedroom apartment, in the Tourist Urbanization "Boca do Rio Resort". The nearby "Clube Náutico do Arade" was created for maximum advantage of the Rio Arade nautical activities.

Silves | €380.000
Magnificent four bedrooms villa, in Cerro de S. Miguel with spectacular view over Silves and the mountain range. The fireplace gives also heat to the bedrooms. Equipped with central vacuum, it has also pre-installation for air conditioning. Sw. pool & garage.

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Portuguese Chamber of Commerce 4th Annual Conference on Portuguese Property and Tourism- March 31st 2008

Portugal's popularity as a tourist destination has continued to increase. In 2007, the growth in revenue from Tourism in Portugal was 11% reaching €7337.6 Million. The UK's enthusiasm for Portugal has also continued with over - 75,000 Britons owning homes in Portugal and over 2,000,000 visits to Portugal in 2007.

The Portuguese Chamber held its 4th Annual Conference in London. Almost 120 delegates crowded into the lecture theatre. The growth in size each year showing the increasing interest in Portugal as a destination for Tourism and Residential Property.

The Conference was held in the Auditorium of Withers Worldwide LLP, the international law firm located in the City of London. John Newgas the Chief Executive of the Chamber welcomed everyone to the afternoon and thanked all for coming to what was the largest such conference the Chamber had held. He then introduced the Chairman, Mr Manuel Fernando Espírito Santo the Chairman of Espírito Santo Tourism, who had flown specially to London for this occasion.

David Dannreuther, a partner at Withers Worldwide, the well known international lawyers introduced his company to the Audience, outlining the many areas of Wither's Operations in legal matters geographically and in Service Areas.

The Chairman, then Introduced the Professor Bernardo Ivo Cruz, the new director of AICEP in London. Bernardo outlined expected Trends and Investment into Portugal in the next 5 years. He showed how the expansion in growth over the last few years was and will continue. The Government was planning to encourage growth in different regions and recognised that different destinations will appeal and grow different target markets. He outlined the 5 action lines and 11 project areas being targeted.

Next to speak was Afonso Rocha, Senior Banker, Banco Espírito Santo de Investimento on "Development Finance for Companies in Today's Market Place". Afonso outlined the sources and types of funding available in this critically important area, and explained the requirements that were likely to be found in today's changing environment for funding.

Mário Azevedo Ferreira from the CS Group Portugal outlined he mutual benefits of Resort and Hotel Tourism working together. He explained how hotel operators saw one of their key abilities being of good management of tourist facilities. He showed examples of current developments where a residential resort and hotel facilities mutually strengthened each other and attracted vistors.

In a contrast to this Jerry Cobb, The Fractional Ownership Company outlined what Fractional Ownership was and how it provided a growing alternative to outright sale for high quality developments. He explained the key differences in the ownership types and how fractional ownership was an actual real ownership of property but shared amongst owners.

After a Coffee Break, Manuel Fernando Espírito Santo introduced the next speaker Robert Sinclair of AIFA - The Association of Independent Financial Advisers. His presentation "The Position of the IFA- who are they, and what do they need to know", explained their role:

IFA's advise many buyers outlined the role of the IFA, how they worked for and held a duty towards their clients. Often such clients might wish to buy overseas property, and an IFA could advise on this. Increasingly this was happening and this gave an opportunity to understand what an IFA was looking for and what they could and could not do.

John Langan, Withers Worldwide LLP gave the second presentation after the break on "Property Funds and Holding Structures" looking at various options for property and resort ownership. He explained the different structures and advantages of different holding methods such as Limited Partnerships. These could be important for high value investors and groups.

Property Values are the core of real estate business. Nelson Rêgo from Prime Yield in Lisbon came to talk "Property Values – What Are They and How We Know", showing the conference his detailed analysis of market prices. He showed the trends of steady growth across the many different areas and types of property, showing how the Algarve Golden Triangle really did have high values. Nelson finished by analysing the availability and demand for properties in the future, where he felt that demand would continue to exceed supply of quality properties and that prices would therefore continue to increase.

The final speaker was Sue Ash, Director of Ash Communications. Sue spoke about The Power of Public Relations explaining How to be seen in a competitive world. She was able to show actual statistics of the effects of PR in for example visits to a Web Site, and showed how everyone needs some Public Relations to be visible and gain clients.

Manuel Fernando Espírito Santo, the conference Chairman, then opened a discussion and question session. He then summed up the success of the both the Conference and the Portuguese Tourism and Residential Property Markets expanding, with his own experience of the Tourism industry.

After the conference, delegates had an opportunity to network during a drinks' reception sponsored by Banco Santander Totta and Banco Espírito Santo. Many overseas visitors and delegates then joined for a dinner nearby where the wines were also sponsored by the two banks.

B Cruz, M Catarino & M Espirito Santo

M Esprito Santo, J Langan & D Dannreuther

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Four seasons in one Fair

Evergreenís planned garden theme this year is ëContrastsí, expressing feelings and emotions.

It may look like the aftermath of a small tornado or the reconstruction of one's effects, but these pictures actually show the hard work and physical effort that is already being put in to constructing the stunning gardens that can be enjoyed at the International Algarve Fair this weekend.

Participating for the fist time ever is Lagoa City Hall, with a unique concept of 'Four Seasons in One Day'.

Engineer Guy Pimental, who has been head of Lagoa council's 'garden and green spaces' department for 18 years and is indeed responsible for all the municipal gardens and planted areas, gave an insight to the idea behind the design, which incorporates a vast array of materials and flora to depict each season.

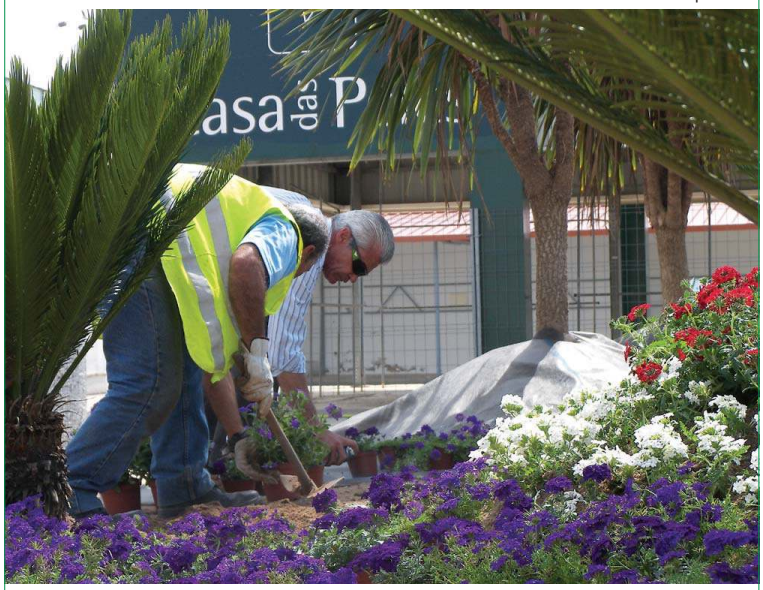
Again the competition will be judged by BBC celebrity gardener Kirsty King.

Marina Vidic, landscape architect for 'Evergreen', told how this year the company's underlining theme is 'Contrasts', expressing feelings and emotions with plants and materials.

Regamatica, owned by mother and son team Dee and Gordon Southey, is going for a 'Rock Garden' concept, to try and show visitors what can be done with rocks and rockery plants, the overall goal being low water consumption and low maintenance.

Visitors this year will have even more to look forward to, being spoilt with a champagne area, another novelty, from which they can purchase a glass of bubbly to sip whilst strolling through the stunning gardens.

Above, Regamatica constructing a rock garden to promote easy maintenance and low water consumption.



Gardeners from Lagoa C,mara putting the finishing touches to their show garden at the International Algarve Fair at Fatacil in Lagoa this weekend.

Stones representing winter, grass the region's golf courses and Mediterranean flowers symbolic of the Algarve's sunny climate, the garden entails a five-man effort which Engº Pimental hopes will be complete by Saturday!

Whilst Lagoa's *Câmara* is exempt of the yearly gardening competition, the remaining competitors all hope to have the winning design and take away the coveted trophy.

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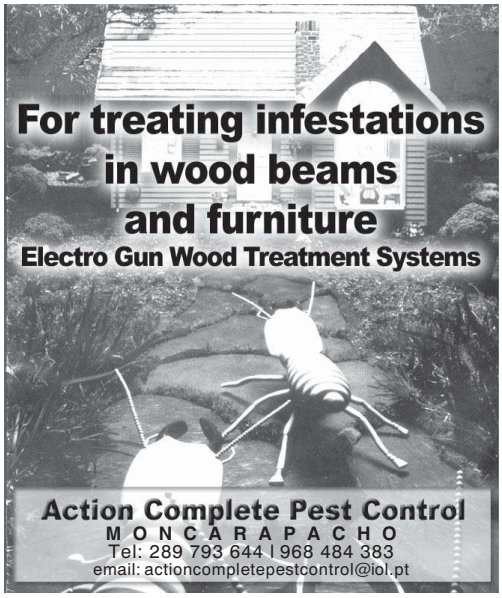

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Back to the future in Cornwall

Whether you fancy surfing, sightseeing or simply lazing about, Cornwall has something for everyone.

For an old girl nearing her 60th birthday, the Cornish Belle chugged into Falmouth Harbour at a lively pace . "This is the largest natural bay in the world after Sydney," boomed the commentary above the engine roar, moments after we passed one of Henry VIII's defensive forts, standing proudly on the hills above St Mawes. A £7 (€9)return ticket took us on the voyage from the waterside pub at Tolverne - still a place of pilgrimage for Americans because thousands of US troops set sail from the River Fal here for the Normandy landings in 1944 - and down the drizzly estuary of the Carrick Roads. Each inlet, including the celebrated Mylor Creek, was crammed with yachts at their moorings as we chugged towards the open sea.

We explored narrow streets around the National Maritime Museum. Then it was back on board for our return to Tolverne - and possibly a cream tea at the Smugglers Cottage, a 15th century inn, with rosettes from both Les Routiers and Egon Ronay, if we felt peckish at the end of the voyage.

The next day we were at The Hotel and Extreme Academy in Watergate Bay, on the north coast near Newquay - where managing director Will Ashworth is splashing a million or two turning an elderly family-owned hotel into "the ultimate beach chic indulgence".

Directly beneath the hotel, on a surfers' paradise of a sandy beach is Fifteen Cornwall, the Jamie Oliver-inspired restaurant created as a charitable enterprise to turn keen young locals into top chefs.

Try to book at lunchtime, when the beach is packed with surfers on huge boards, and dazzling light is reflected upwards from the sand. My soaring spirits weren't even squashed by a bill of £258 (€329) for six.

No wonder the early evening crowds are heaving on the harbourside in Padstow, another magnet for tourists, brilliantly rejuvenated by Rick Stein's restaurants, and picture postcard pretty. "Even at three in the morning, your car incurs a parking charge," the parking attendant told me with glee.

Stick to simple pleasures, however, and Cornwall won't disappoint. I love friendly, helpful welcomes in local shops, rich hedges on country lanes, dark headstones in graveyards where stirring epitaphs straddle the centuries, spectacular gardens, and breezy cliff-top walks.

Our base for the week was the village of Devoran, just off the A39 south of Truro. The Sail Loft, which probably hummed with skilled craftsmen a century ago, has been converted into a three-bedroom home with a massive living room/kitchen area at first floor level, beneath a vaulted ceiling and exposed beams.

The location, at one end of a sleepy village was perfect for a restful week; just across the road was Devoran Quay, an open grassy area for picnics with upturned boats. Barely a hundred yards away, up a slope, was The Old Quay Inn with local ales and delicious home-cooked meals for less than a tenner a head.

Within a dozen miles of the village, there's plenty to see and do. Around the corner are the magnificent gardens of Trelissick, 370 acres of parks and woodland, crammed rhododendrons, hydrangeas and maples.

The King Harry Ferry, one of only five chain ferries in England, carries cars and passengers across a narrow stretch of the River Fal below Trelissick for faster access to St Mawes and the Roseland Peninsula.

A few miles north of Devoran is the city of Truro, its splendid 'medieval' cathedral completed only in 1910 - but more ravaged by time than you might expect, because it's made of Bath stone. In Truro the superstores have been kept carefully clear of old, narrow streets and alleyways - including the delightfully-named Squeeze Guts Alley. The city's choice of restaurants gets better all the time: try locally-sourced venison in Tabbs, the bistro-style Bustopher Jones, and Mannings in the Royal Hotel.

Head south from Devoran, and Falmouth becomes the gateway to The Lizard with an intriguing array of family attractions, including the Flambards Experience, Poldark Mine and Goonhilly Satellite Earth Station Experience.

TRAVEL FACTS

:: Jeremy Gates was a guest of Classic Cottages - The Sail Loft in Devoran, sleeps six, costs from £504 (€642) per week in March, to £1,224 (€1,560) for peak season. Classic Cottages reservations: tel. 00 44 (0)1326 555555 or go to: www.classic.co.uk

:: The Hotel & Extreme Academy, Watergate Bay, currently offers three-night short breaks with B&B, one dinner at Fifteen Cornwall, one in the hotel and lunch in the Beach Hut from £145 (€185) per person. Three night self-catering breaks currently start at £190 (€242) per unit (no sea view) and £245 (€312) (sea view). Reservations: 00 44 (0)1637 860543 and www.watergatebay.co.uk

:: Air Southwest operates several services into Newquay. Reservations: 00 44 (0)870 241 8202 and www.airsouthwest.com

Newquay Airport is on 00 44 (0)1637 860600 and www.newquaycornwallairport.com

:: Cornwall Destination Guide 2008 is available from Visit Cornwall on 00 44 (0)1872 322900 and www.visitcornwall.com

Jeremy Gates

Pictured above: Indside The Sail Loft, Devoran; top left: The Lizard, Cadgwith, Cornwall; top right: Fresh fish and chips from Steinís Fish and Chip shop in Padstow; bottom left: Truroís ëmedievalí Cathedral - finely completed in 1910!

SKYscanner flight search engine
www.the-news.net

Eight page Back to School Supplement with plenty of useful information for you to PULL OUT and KEEP

In this supplement:

St Dominic's International School
Creativity, action and service
(See page 34 & 35)

CAISL
The Carlucci American International School of Lisbon
(See Page 38)

Gwenda Daud
Passion for careers
(See Page 38)

São Lourenço
Looking to a bright future
(See Page 39)

IPS
The International Prepatory school
(See Page 40)

Porshes International School
The International school of the Algarve
(See Page 40)

Vale Verde
Vale Verde International school
(See Page 41)

Universidade da Criança
Créche and pre-school
(See Page 41)

Article
Helping little minds grow
Know why a heathy breakfast is the best way to keep a young mind active.
(See Page 41)

EAST
The Eastern Algarve international school
(See Page 42)

Useful books
We have selected three useful books to help your child learn
(See Page 42)

Pull out and keep

Discovering developmental delay syndrome

Childhood conditions including dyslexia, dyspraxia and ADHD donít exist, according to a groundbreaking new book, Is That My Child?. Instead, author Dr Robin Pauc believes they are symptoms of a completely different problem, which can be cured through simple diet and exercise. We find out why.

The books groundbreaking work Is That My Child?, Dr Robin Pauc claims that dyslexia, ADHD, dyspraxia, childhood Tourette's syndrome, ADD and OCD are in fact part of one syndrome, which he has named Developmental Delay Syndrome (DDS).

But far from undermining the plight of the one in five British children who have learning difficulties, Pauc's work gives them and their parents fresh hope - for his research shows that a special diet and brain-stimulating exercise programme can treat them.

Pauc, a functional neurologist based at Tinsley House Clinic in Hampshire, says: "Dyslexia, ADHD etc do not exist as conditions - they are just symptoms, and symptoms which always appear together."

The symptoms come from a specific part of the brain, and are caused because nerve cells which should develop there when a baby is four months old have failed to do so, he believes.

The reasons for this brain immaturity may be linked to a genetic predisposition - if there is a history of any type of developmental delay on the father's side, there is at least a 70% chance of his children developing a delay syndrome, and at least a 30% chance if there's a developmental delay history on the mother's side.

Pauc says that birth trauma such as an emergency caesarian, ventouse or forceps delivery, may also be linked to DDS.

But the reality is that if the cause is genetic or due to birth trauma, there's no avoiding it. Instead, what parents of children with DDS can do, says Pauc, is easily treat the syndrome.

"The most exciting part of all this new light on learning and behavioural difficulties is that we offer an effective, lasting and non-invasive treatment."

The treatment is offered at Tinsley House Clinic and a number of other clinics around the country, as well as being detailed in his book.

Exercises include the child walking up and down three stairs, with their hands by their side, head in a neutral position and eyes closed, or cleaning their teeth standing on the left leg and using the left hand.

There are also computer-generated exercises, specifically designed to target the child's eye control.

The books groundbreaking work Is That My Child?, Dr Robin Pauc claims that dyslexia, ADHD, dyspraxia, childhood Touretteís syndrome, ADD and OCD are in fact part of one syndrome, which he has named Developmental Delay Syndrome (DDS).

The nutrition side of the programme includes avoiding E-numbers and artificial sweeteners, reducing carbohydrates and taking Omega 3 and 6 oils.

Pauc says the resulting improvements, which can start within four to six weeks, include better eye movements, improved concentration and reading and writing ages, and a huge reduction in silly behaviour. Schools notice a "remarkable difference", he says.

As well as hoping parents will try the programme with their children, Pauc also hopes that geneticists will start looking in a different area, for the genes that control the development of new brain cells when a baby is four months old.

He says: "I try to be modest, but this is probably the biggest breakthrough in neuroscience this decade."

Lisa Salmon

Creativity, action and service

St Dominic's International School

St Dominic's is located in S Domingos de Rana, in the Estoril / Cascais area. Its 650 to 700 students and 79 staff members represent approximately 60 nationalities, giving the school, originally founded by Irish Dominican Sisters, a distinctively international ambience. Respect for and appreciation of all cultures, traditions and religions are cultivated as an essential part of the school's philosophy. In the last four years, St Dominic's graduates have been offered places at nearly 90 universities in 12 countries.

Veritas – Search for Truth

The Dominican motto, truth, is the inspiration of Dominican Schools. Dominican education has always been concerned with the development of the whole person. Respect and appreciation of all cultures, nationalities and religions are essential. These principles are the foundation upon which the Dominican Sisters established St Dominic's International School in Lisbon, Portugal, in 1964. This commitment has remained as St Dominic's has become an IB World School, using the three programmes: Primary Years Programme (PYP) in Nursery, Kindergarten, Years 1 to 6; Middle Years Programme (MYP) in Years 7 to 11; Diploma (DP) in years 12 and 13.

Class of 2008 – Year 13 Students

Applications for admissions are accepted throughout the year. Families seeking admission for their children should make an appointment with the Vice Principals/Heads of Junior or Senior Schools.

Minimum age requirements per class have to be completed by 31 December. Admission of students is dependent on reports from previous schools and an interview, conducted by the respective Vice-Principal / Head of School. Initial placement is tentative. Tests in English and Maths can be required to place students in different levels of class.

Respect for and appreciation of all cultures, traditions and religions are an essential part of the school's philosophy

For three consecutive years St Dominic's has hosted the International Youth Eco Forum. The four-day, student-run conference brings together secondary school pupils from international schools in Portugal, Spain, the UK and the US to analyse and debate major environmental issues, such as managing climate change, green taxation, oil production and genetically modified food. Each school also presents an action plan for eco-friendly initiatives in their school. St Dominic's is a member of the international Eco Schools programme and has earned its coveted green flag for environmental awareness and activities, which at St Dominic's include a student-cultivated 'eco-garden' on the school grounds.

This year the school is planning to develop the environmental action aspect of the Eco Forum. Students will have the opportunity to explore, by boat, the Portuguese coastline to investigate areas of environmental damage, and will be producing a documentary that will help develop awareness amongst young people of the necessity of meaningful environmental projects. This new initiative is to be organised and run by St. Dominic's students.

2007 Silver Prémio Environmental Exploration Project on the Berlengas Island

Life is about experiences and the Prémio Infante Henrique Programme for youngsters aged fourteen and upwards certainly provides life long experiences to be cherished for ever. The students at St Dominic's have been involved in the Prémio Programme for over ten years and expeditions have been successfully accomplished on foot, horseback, canoe, bike and boat. There have been expeditions in Portugal, the Gredos Mountains of central Spain and the Grazelema Mountains of southern Spain. The Silver group of Prémio Infante D. Henrique students took part in an unforgettable experience during the Spring of 2007, an environmental exploration project on the Island of Berlengas, a Nature Reserve and Bird Sanctuary. The students were all from Year 11 and they deserve our sincerest commendations.

The Project was set up by the Prémio Organisation which in the last year has begun to offer extremely worthwhile and challenging expeditions and explorations, for which the students will be blessed with life experiences to cherish. The first port of call was the campsite, close to the village of Baleia, five kilometers from Peniche. This was where the students took part in the training for the exploration, where the aims and objectives of the project were outlined by the Exploration Leaders.

Tenente Marques led the participants in a variety of activities, including teambuilding games, orienteering, archery and a number of team challenges, one of which was the river crossing using a variety of floatation devices. The participants had to work out the quickest way to get across the river and back using the floats. Such an activity requires the group to work for one another, as drowning is not an option. We also didn't tell them the water was freezing cold but they soon found out. A major part of the exercise for the students is to produce a group report at the end of the project. This is basically a photograph diary of their experiences. Gathering historical and cultural information about the local area was one of these tasks and the students spent some time in the village of Baleia interviewing the local people about their way of life. What is immediately evident is how friendly and receptive the residents were to this mini invasion. An old man who had written a book about the village invited Hassan's group into his house to give them a reading of the book, "Atouguia da Baleia." The group was delighted with this unique insight into village life, witness accounts being very important sources of information. They found out that in the past the main vocation in the village was whaling. The roof of the local church was made out of whale bones. Another interesting fact is that the origins of the village were founded by a group of people who lit fires on the beaches in order to distract the boats at sea from the correct route. The shipwrecked boats were then pilfered and looted for any worthwhile goods and products, which were then traded for life's essentials, food and clothing. Tough times!

On a clear blue, warm and sunny day we took the ferry from Peniche to the Berlengas Islands. The aims and objectives of the stay on the island were to clean up the beaches, the nature trails, the camp sites, build aesthetic rock walls, make sign posts and gather information on the flora and fauna on the island. In addition, the students were given an insight into the role of the warden in a nature reserve.

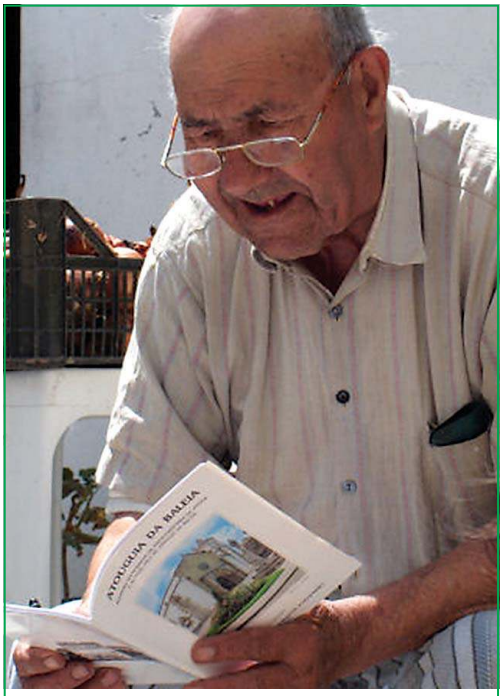
As an Eco school, it is all well and good talking about what we need to do to improve our environment but much of the talk goes on deaf ears. Getting off the beaten track and living and breathing a more rural existence is one way of helping us understand the things we need to do to help. We can more readily appreciate the beauty of our rugged planet by being more in harmony with it which can only be a positive thing.

One of the major jobs was a clean up of the beaches and the trails. In the photographs the students can be seen hard at work, some of it not for the faint hearted as all the dead seagulls had to be buried. It was touch and go though with the group as to who should be buried, the Gull or Gil. As the hole for the Gull only had to be small and would take only a few minutes, they decided to bury the Gull.

An elderly woman who lived in one of the fishermen's houses said she had never seen the beach looking so clean and was delighted with the students' hard work. Rubbish has been a problem on the island recently because of the tourists, especially during the summer months when over two hundred people visit the island every day. The wilderness code stresses the need to leave a place better than you found it and no trace should be found that you were there. The problem is easily solved. Take everything you took to the island away with you when you leave and that includes the rubbish.

The trails were cleaned, the stones that neatly mark them were replaced, signs were erected and campsites cleared. The summer tourists will appreciate a job very well done. The experience will live with the students' memories for the rest of their lives, some good memories and some not so good ones. The water games on the final day when the weather had turned colder will give them all the shivers for some time to come. The journey home on stormy seas when the waves were coming over the front, side and the back of the boat simultaneously had everybody drenched from head to foot. But experiences they were, and both good and bad are an important learning experience. Our students, who the school is immensely proud of, have returned better people because of their experiences.

By Neale Davies



A local historian reads Hassan's group his book about Atouguia da Baleia.

Gil entertains the onlookers with some satire.

Rubber tire, rucksack, lifejacket and trousers are the floats being used.

IN 1997 WE WERE THE **SECOND** SCHOOL IN THE WORLD TO IMPLEMENT
ALL THREE IB PROGRAMMES:
PRIMARY YEARS, MIDDLE YEARS AND DIPLOMA.

IN 2008 THERE ARE ONLY 106 OF US WORLDWIDE
AND IN PORTUGAL, STILL THE **ONLY ONES**.

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WORLD SCHOOL ib

EXHIBITORS

Exhibitor	Activity	Stand
125 REMOVALS	Removals-Home Shopping	9
ACQUAPRO	Water treatment	8
ACTION COMPLETE PEST CONTROL	Pest Control	6
ALGARVE CRYSTAL	Glass Blowing	7
ALGARVE REAL ESTATE CENTRE	Real Estate	P4
ALGARVE SPICE	Teas, Herbs, Water Filtres	25
ALL SEASONS PAINT PROTECTION	Ext. House Painting	66 & 67
ANGEL PILOT	Jet Skis, Boats, etc	94 & 97
ANA JOSÉ CABRITA	Jewellery	22
AQUA OPTIMAL	Water purification	53
AQUA PURA LDA	Pool Covers	2
ARTIGRASS / BUG BUSTERS	Artificial Grass	83
ART & BEAUTY	Beauty treatments	34
ARVIPLAR	Water purification	4
ASHBOURNE VILLIERS	Financial advisers	18 & 19
ASHBOURNE VILLIERS	Financial advisers	P24
ASSOCIAÇÃO ARTESÃOS ALGARVE	Handmade crafts	86
BEDROOMS EXTRA	Beds	54
BODYTOX FOOT PATCHES	Detoxifying foot patches	26
CASA CURIOSA	Decor, small furniture	P27 & 28
CATERING DIRECT / MOGS	Catering & British products	21
CASTELO DE SONHOS	Charity	P11
CHEESE & PICKLE	Cheese, jams, pickles	44 & 45
CLCC	Education courses	48
COCOSHELLS	Jewellery	85
COLLECTIONS	Ladies' Fashions	71
CORIUM 21	Aloe Vera skin healing	41
COOL OASIS	Water Purification	61b
DAVID HAINES	Paintings	81
DR. JAY CARSON	Chiropractor etc.	11
DRYTECH GROUP	Exterior painting	39
ENTDECKEN SIE ALGARVE	German magazine	84
ELECTROCOMFORT	Heating / air conditioning	P10
EVERGREEN	Garden Landscaper	GD6
EXPRESSION PHOTOGRAPHY	Photography	P1
FACTORY OUTLET	Bedspreads	P14
FANTASIA MAGREB	Handmade Morrocan crafts	42
FI-LINE FASHIONS	Ladies Fashions	43
FIRES OF PORTUGAL	Log Burning fires	10
FLEX-C-MENT	Cement stamp overlays	23
FRIEDHELM METZ	Eco Construction	15
Furniture Frontera/Outdoor Living	Furniture	37 & 38
GIANTS WINDOWS	Windows, Doors etc	1
GOLDEN WAVES	Spas	72
GRAÇA BORGES	Leather goods	80
GREENFINGERS	Show Garden	GD12 & GD8
GRIFFIN BOOKSHOP	Bookshop	16
HD-Real Estate	Real Estate	P30
HOSPITAL PARTICULAR ALGARVE	Health	P20
INT. PROPERTY AUCTIONEERS	Property auctioneers	P8
INT COMMUNITY CENTRE	Church	P25
INÁCIO ALVES	Publicity	P17
iSMOKE	Help to quit smoking	P15
JOUK'S STUDIO	Ladies' Fashions	46
KAPA DOIS / SANDERDANCE	Dance projects	56
LAGOA TOWN HALL	Information	P32
LAGOA CITY HALL	Show garden	GD9 & GD5
LARA & ELS - BEAUTY & MASSAGE	Services & Products	13
LINTEL.COM	Telecomunications	30
LUZ BAY / ALEXANDRA SOARES	Property	P7
LUZDOC	Healthcare	51 & 52
M2M BLINDS AND FLYSCREENS	Blinds and Flyscreens	78
MARINA AUST	Homeopathy	P3
MASHONA RUGS	Spanish Rugs	12
MERRYLEGS PET RESORT	Pet Resort & care centre	58
MILLENNIUM bcp	Banking	P29
MONEY MAIS	Financial Advisors	P5
MOVEIS CALISTO	Furniture	P26
MRI Overseas Property	Real Estate	P31
MYFRIEND	Pet products	24
NA LOJA	Tshirts, clothes, watches	33
NETWORK	Business networking	P2
NECI	Charity	P18
OFF & MORE / KULT	Fashion, Bags, etc.	79
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PAVIX	Safety Surfaces	5
PARTY FACTORY	Party items	87 & 88
PAWS 4 PETS	Pet Products etc.	49 & 50
PAKISTANI CRAFTS	Handmade crafts	28 & 29
PEDRO E VASCO	Pottery	32
PINA GARDEN CENTER	Garden Centre	GD3 & 4
POOLS & THINGS / ARVIPLAR	Water purification	3
PORQNÃO NATURAL SOAP	Bath products	31
PREMIER FX	Financial advisers	P6
PRODUCTS FOR DOGS	Dogs Home delivery service	65
REGAMÀTICA	Landscaper	GD15 & 16
ROTRIEME		98
SALÃO ELYSIUM	Beauty	57
SANIPINA	Garden Centre	GD2
SOLGARVE INTERNATIONAL	Outdoor Furniture	GD1
SOS SKY DIGITAL	Satelite TV	40
SOUTHWEST CHARTERS	Boat Charter/Training	69
SWEET THINGS	Cakes, honey, etc.	82
STONE CARE SERVICES	Stone Refurbishment	60
SULCARE	Mobility Aids, etc	55
THE BOWEN TECHNIQUE	The Bowen Technique, etc	64
THE WALL	Art materials, etc.	59
THE PORTUGAL NEWS	Newspaper	62/63
TIME 4 YOU	Property Services	27
UNIQUE TABLE LINEN SETS	Table Linen	47
UTILITY WAREHOUSE DISC. CLUB	Telephony/Internet	68
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VITALIZE PRODUCTS	Supplements	14
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WORLD TELECOM	Telecomunications	70
www.acrossthealgarve.com	Real Estate	61
www.britishbikersportugal.com	Bikers	P19
www.kayaktoursalgarve.com	Kayaks/Crocs, etc.	35 & 36
www.mjfoodstore.com	Online Food Shopping	20
MOTOR SHOW:		
MS CAR		Car Show
FARAUTO, SA		Car Show

Food & Drink

SHERATON HOTEL	Champaign Bar	Gardens
ANIA'S SMÖRGASTARTOR	Swedish delights	61b
PIZZA MOBILE	Pizza & Drinks	FB1
FAJA LOBI	Surinam	FB2
1000 SABORES	Tea Ice cream, etc.	FB3
MOINHO ALENTEJANO	Alentejo Food	FB4
BLUE ROCK	South African Food	FB5
TOKO ONIE	Dutch Food	FB6
REI DO PERCEVE	Sea Food	FB7
SLUSH PUPPIE	Slush Puppies, snacks etc	FB8
SAMRAT TANDOORI	Indian Food, spices etc	FB9
A FLORESTA	Indian Tandoori	FB10
BORLEYS PIES	Pies	FB11
CORNISH RANGE	Cornish pasties etc	FB12
JUICY JUICY	Soft drinks & snacks	FB13
CIDADE DA ALEGRIA	Brasilian Drinks	

Wander down the entrance avenue, tree-lined and festooned with bunting and ballons. You'll find yourself in the Garden Area, where you can enjoy the wonderful show gardens, sip Champagne at the Sheraton Champagne bar and listen to the gentle sounds of live harp music. Take a walk through the Pavilion, full of brand new cars and stands with everything for the home from finance to decor.

Outside the Pavilion, you'll find arts & crafts, gaity and entertainment on the lawns and over 100 stands offering a huge variety of products and services. Enter for the Quadbike draw by filling in a survey in the special green tent. When you need a break, make your way to the Arena where you can eat, drink and be entertained.

And while you relax in the Arena, your children can explore a real fire engine, bounce around in the Puff Park and enjoy other fun activities especially provided for them.

It's this weekend!

This event is designed to be a great day out for all the family, so what can you expect to be able to see and do this year?

A new entrance that will take you right into the heart of the Fair. Visitors will still come in through the main entrance to the FATACIL showground and then walk down the tree lined 'avenue' to enter into the Fair area. Be sure to keep your entry ticket as this will entitle you to enter the free draw to win a superb quad bike worth over 2,500 Euros. If you need the use of a wheelchair or mobility scooter, ask at the Fair Reception where to find Sulcare who are offering this service.

Gardens

Turn to your left and you will find yourself in the newly extended garden feature area. This year, Lagoa Town Hall are also displaying a garden and their work is admired by everyone who passes through or lives near Lagoa. The gardens will be judged by BBC Groundforce presenter Kirsty King at 14:30 on Saturday. In addition to the display gardens, there will also be garden and equipment suppliers. There will be music from Harp John, and a Champagne Bar staged by Sheraton Algarve to provide the perfect, relaxing atmosphere. See page 28.

The Pavilion

After you have visited the gardens, walk into the Pavilion to see a range of new cars from Fiat, Seat, Honda, Opel, Chevrolet and others, and to see the home, finance and property area. Talk about banking, talk about the real estate market, talk to health professionals about services in the area. You can look at furniture; you can even find an alternative to smoking.

Arts and Crafts

As you leave the Pavilion you can walk into the new Arts and Crafts Marquee (details below)

The Central Area

There are almost 100 stands offering every type of service and products that you could ever need. This is also where you will find entertainment for children, and on the lawn, the very popular Ecuadorian music group. Throughout the area you will find street performers, jugglers, stilt walkers, magicians, hand puppet shows, uni-cyclists and more to give that wonderful street carnival atmosphere that visitors tell us they so much enjoy.

The Arena

In the ARENA you will find places to sit, eat, take a cold drink and enjoy the entertainment on the stage. There are many restaurants to choose from, and a wide selection of food. There will be entertainment on the stage throughout the weekend (see timetable below). On Sunday evening, if you love Line Dancing, be sure to come dressed for the event as Chris Cottis will be giving lessons to everyone who comes dressed and ready for some 'Country and Western' dancing.

Puff Park

In the ARENA you will also find Puff Park for the children and of course the Lagoa Firemen with a chance for your children to look around the fire engine and even put out a fire. Its all within easy eye sight of most of the restaurants, so you can enjoy your meal while the kids have fun in the Puff Park.

Opening hours and where to find the Fair

The fair is open from 11:00 to 20:00 on Saturday 10th and Sunday 11th May. Entry costs €3 and children under 12 are admitted free

The International Algarve Fair is held at the FATACIL showground in Lagoa. This modern and large purpose-built area is on the Eastern side of Lagoa next to the main N125 road. It is opposite the Municipal Fire station (Bombeiros) and the Blue Elephant car wash. There is plentiful parking on the roads around the showground.

From the motorway take exit 6 to Lagoa, then follow the Lagoa Sul signs and keep straight. The showground is on your right, soon after the two large petrol stations (GALP and TOTAL).

Fun for ALL the family - clockwise from top: September's winning garden; a small boy takes his turn at 'driving' the fire engine; a visitor enjoys a free massage; Circo Pequeno entertain the crowds.

Arts & Crafts

Tent A		
1	Elise Designs	Handcrafted Cards
2	Purpurina	Fashion Accessories
3 & 4	Bill Twine	Aloe Vera Products, jewellery with Swarouski beads, clog shoes
5	Joana Griff	Handmade wooden jewellery boxes
6	Alexandra Vieira	Handmade wooden jewellery boxes
7	Vesna Rose	Virgin Vie Jewellery & Cosmetics
8	Julia Lim	Arts & crafts
9 & 10	Samantha Noa	Baby and Children clothes, gifts and silver jewellery
Tent B		
11	Lucia Franklin	Handmade cards, painted driftwood / pebbles, framed paintings
12	Taran Flaten	Glass Art
13	Wonders of Wood	Handcrafted gifts in wood
14	Artara	Wooden frames, mirrors, prints, greeting cards
15	Samrat Loja Indian	Indian herbs, species
16	David Westwell	Paintings
17	Linda Holt	Watercolour paintings & cards
18	Bruno Fonseca	Jewellery
19	Maria João Careto	Jewellery
20	Jan Mattes	Music instruments
Tent C		
21	Anja Brands	Handmade jewellery, belts, etc
22	Alina Martins	Acrylic paintings, cushions, nappies, etc
23	Paula Watt	Murals, Handprinted furniture, greeting cards
24	Sofia Schiappa	Handmade crafts
25	Barry Hardy	Woodturning
26	Jas Oils	Essential Oils
27	Martin Hepton	Self-publishing books
28	Genie Knitwear	Knitwear and jewellery
29	Vicky Henwood	Arts & crafts
30	Steve Cutting	Original paintings
Outside		
31	Paula-Sue-Hairbraids	Hairwraps & Handmade matching accessories
32	Daniela Claro	Hand-made Jewellery
33	Hats & Braids	Hats/Braids
34 & 35	Abdelmajid Houlmane	Moroccan decoration
36	Nidia Valente	Jewellery
37	Suzanne Rodrigues	Arts & crafts; Beaded pieces; Fabric bags, etc
38	Maria Lopes	Accessories

Entertainment Line-up May 2008

Saturday 10th May

11am - 11.40	Harp John	Garden area
11.40 - 12.20	Wiracocha	Stand area
12.20 - 13.00	Harp John	Garden area
13.00 - 15.00	Adam and Wendy 'Branded'	Arena
15.00 - 15.40	Wiracocha	Stand area
15.40 - 16.20	Harp John	Garden area
16.00 - 17.00	Circo Pequeno juggling show	Arena
16.20 - 17.00	Wiracocha	Stand area
17.00 - 17.40	Harp John	Garden area
17.40 - 18.20	Wiracocha	Stand area
18.30 - 20.30	**Kim Banda**	**Arena**

Throughout the whole day Tim plus entertainers from Circo Pequeno will be entertaining the children and adults.
Also there is Puff Park, where children can play - join for just an hour, half a day or even a full day if they want.

Sunday 11th May

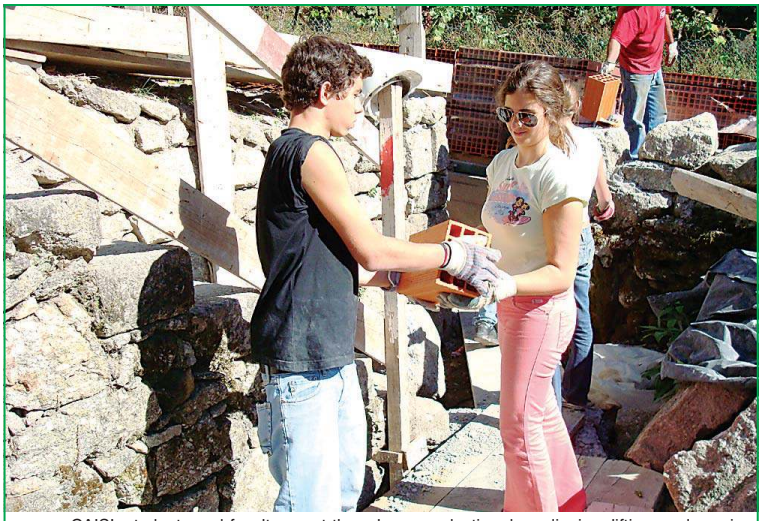
11am - 11.40	Harp John	Garden area
11.40 - 12.20	Wiracocha	Stand area
12.20 - 13.00	Harp John	Garden area
13.00 - 15.00	Alan Storm & Renato Serra	Arena
15.00 - 15.40	Wiracocha	Stand area
15.40 - 16.20	Harp John	Garden area
16.00 - 17.00	Circo Pequeno juggling show	Arena
16.20 - 17.00	Wiracocha	Stand area
17.00 - 17.40	Harp John	Garden area
17.40 - 18.20	Wiracocha	Stand area
18.30 - 20.30	**JJ Johns Country Singer with Chris Cottis teaching line dancing**	**Arena**

Throughout the whole day Tim plus entertainers from Circo Pequeno will be entertaining the children and adults.
Also there is Puff Park, where children can play - join for just an hour, half a day or even a full day if they want.

STANDING OVATION
Tel: 914 599 933
info@standingovationalgarve.com
www.standingovationalgarve.com

The Carlucci American International School of Lisbon

CAISL's rigorous academic program is complemented by a balanced program of arts, athletics – and community service. The school year at CAISL is usually marked by a number of student-led initiatives to reach out to the community, and this year has been no exception. From old traditions to brand new projects, the Secondary Community Service Club and the Elementary students have collaborated with each other and with external aid organizations to lend many helping hands.



CAISL students and faculty spent three long, productive days digging, lifting, and pouring concrete to help build homes for families that would otherwise not have quality housing in Braga.

In October, and again in April, Community Service Club members traveled to Braga to participate in two Habitat for Humanity projects. During each trip, CAISL students and faculty spent three long, productive days digging, lifting, and pouring concrete to help build homes for families that would otherwise not have quality housing.

Continuing its relationship with a local children's home, Community Service Club members organized an arts and crafts afternoon with their 'little buddies' as well as a spring-time outing to the Lisbon Oceanarium. The club also continued its support of Banco Alimentar, collecting over 5 tons of food in two food collection drives. To help those further afield, students organized a used book sale, raising €550 to go towards tuition for 13 school children in Magar, Mozambique. Even CAISL's kindergarteners got into the spirit of reaching out by inviting students from a neighboring Linhó school over for an Easter egg hunt and other activities.

CAISL students also organized a number of donation drives at shcool, collecting buckets and buckets of bottle caps for the Rotary Club to help in the purchase of wheelchairs. Students collected clothes and toys for the 27th Annual Giving Project to benefit the Centro Pastoral Nossa Senhora de Fátima in Estoril, as well as an estimated 500 sneakers and shoes to donate to the Red Cross Center in Bairro do Adroana. Grade 5 students and the Secondary Community Service Club ran a successful campaign to collect children's pyjamas for patients suffering from cancer at the Instituto Português de Oncologia in Lisbon. Second graders collected donations of toiletries and cosmetics for the elderly residents of Lar das Fisgas and delivered them in person over the holidays, visiting and singing songs around the Christmas tree. The Middle School Student Council donated all proceeds from their Winter Dance to the Community Service Club - €340- to spend on toys to be donated to the toy recycling initiative of Anandamarga.

Our students' generosity of time and spirit has been matched by CAISL families who donated - literally - rooms full of new and used items for all of these wonderful causes. *Thank you!*

Supplied

Lisbon Oceanarium.

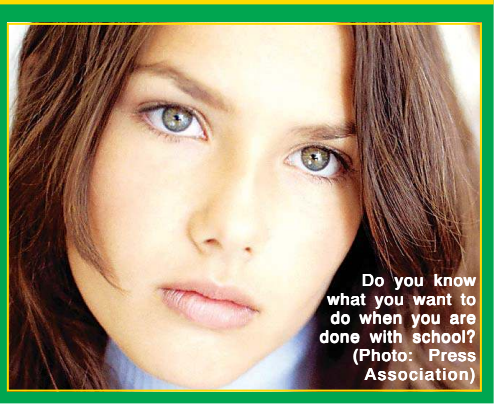
An arts and crafts afternoon.

Passion for careers!

Lucky people know exactly what they are going to do for their whole lives! But most of us find it really tough to see the right pathway ahead. There is so much choice!

If you want to change your career or are about to embark on choosing a course to begin your career, talk to someone who can guide you. As a trained Career Counsellor, who has access to all the current local and international trends, I can not only talk to you sensibly about what you are capable of achieving but can point you in the best direction for you in your circumstances. I will help you find your passion and motive you to move forward to the right openings. I will give unbiased advice based on facts and we will research together to find the best options available.

Please call for an appointment or just a chat to Gwenda Daud 918376657



Do you know what you want to do when you are done with school? (Photo: Press Association)

CAISL THE CARLUCCI AMERICAN INTERNATIONAL SCHOOL OF LISBON

Both the youngest and the oldest believe in CAISL

"CAISL is a student-centered community in which we challenge ourselves and each other to do our best and to make positive contributions to our diverse and ever-changing world."

CAISL offers an American program of study with an enriching, varied and effective program of academics, arts, and athletics to approximately 550 students from age three (Early Childhood) through High School (Grade 12).

CAISL is accredited by the New England Association of Schools and Colleges (NEASC), the Council of International Schools (CIS), and is licensed by the Portuguese Ministry of Education. CAISL is an authorized International Baccaulaureate (IB) World School, and offers the IB Diploma Program for the last two years of High School. All students who graduate from CAISL earn an American High School Diploma and those who successfully complete the IB Program earn an IB Diploma as well.

Rua António dos Reis, 95
Linhó, 2710-301, Sintra
Portugal

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Look to your future! Now!

Looking to a bright future

International School São Lourenço is looking forward to a very bright future. A new Board of Governors, a very active Parents and Teachers Association, a new Headteacher, and a brand new facility are all factors that give the school community great optimism for the future.

Our future is bright.

The Board of Governors has been given outline planning permission to build a new school to accommodate up to 680 children. The development is intended to be a state of the art construction equipped with the very best resources and facilities. The project will be phased so that it is always sufficient to meet increasing demand. The location in Almancil is closer to the A22 than the current site and will, therefore, be accessible to a lot more people.

The Mayor of Loulé Câmara, Dr Seruca Emídio, said "I am pleased that this important development for a new international school in Almancil will continue to attract the very best professional foreign families to the Algarve to help fuel the growth of our tourist economy".

The school delivers the National Curriculum of England and Wales and although academic standards are very high, the Headteacher, Terry McGuire, intends to ensure that those standards are continuously improved. He says that "Whilst we should be proud of our standards we must never be complacent. We will always ensure continuous improvement in every facet of our institution". The school offers a wide range of subjects at IGCSE and AS/A Level. In addition it places great importance on the development of core values and the social responsibility of all pupils. There is strong focus on the professional development of all of the teaching and support staff at the school. Investment in the school is our greatest asset, the staff, is central to the philosophy of continuous improvement.

The social dimension of the school is also a big priority. The students and staff take part in numerous community outreach programmes and fund raising efforts. Mr McGuire says "I am proud of our teachers and pupils and to have joined such a challenging and progressive school. The combination of the strength and commitment of all the stakeholders within the school is a major asset. We can only look forward to continued development and a very bright future indeed".

School visit to the Fire Brigade

Performing Arts – 'Guys and Dolls'.

During a science lesson.

Fun at Carnival Day.

Inter-Schools Cross Country.

The International Preparatory School

An international school, and IPS in particular, continues to be a popular choice for parents seeking a primary education for their children. This year enrolment at IPS continues to be in the region of 250 pupils, meaning that the school is at full capacity, if not quite bursting at the seams. With students from Asia, America and of course Europe, IPS is maintaining its strong international flavour, and again expects to have children from over 20 nations next year.

The school encourages a familiar atmosphere, in which children can feel secure and therefore reach their full potential in all areas of the curriculum. Children are encouraged to be inquisitive, independent and to value the skills and talents of those around them.

IPS accepts children from 3 to 11 and is the only school in the area specialising in Primary education. It offers Foundation Stage and Key Stages One and Two of the National Curriculum of England and Wales, adapting the topic work to suit its international body of students. Core subjects of English, Mathematics and Science are taught alongside design technology, history, geography, music, information technology, physical education and art.

As with all schools, the best way to understand the education on offer is to visit, to see the classes in action, have a chat with the children, their teachers and their parents. If you are looking at schools in the Lisbon area we are always happy to show parents and children around.

We look forward to seeing you….

IPS

International Preparatory School

Offering the best in primary education to the international community.

IPS is a school that prides itself on the warmth of its welcome to the children and parents from around the world.
The multinational community represented at IPS by pupils and their families as well as staff, helps to create a learning environment which fosters a global understanding and appreciation of each other and the variety of cultures we bring to the school daily.
We are proud of the high academic standards attained by our children and encourage them to achieve their best in all aspects of the curriculum. Further that this, though, we also promote the value of caring, self discipline, respect, humour, a love of learning and a sense of discovery, which are all so important to the adults of the future who will soon be moulding our world. This then comes as a warm welcome to IPS from all of our staff and students who are always eager to make you a part of a very special school community.

Established in 1982
English National Curriculum
Renowned for Academic Excellence
250 children
30 nationalities

Rua do Boror, 12
2775-557 Carcavelos
Tel 214 570 149 • Fax 214 573 501
Email: info@ipsschool.org
www.ipsschool.org

International School of the Algarve

Founded in 1972, the International School of the Algarve is the largest and most established Private School in the South of Portugal. A safe and healthy environment provides your children with the best education has to offer.

The School has two sections, one National, offering the Portuguese curriculum, and one International, offering English National Curriculum, modified to suit an international clientele. The two sections of the School are integrated for sport and many other activities.

In the International Section, there is a Primary School (4 to 10 years) and a Secondary School (11 to 18 years). Pupils prepare for IGCSE at age 16 and for academic and applied A levels at ages 17 and 18. The teaching staff are fully qualified and experienced.

The pupils are from about 26 different nationalities. There is support, when needed, from our English as a Foreign Language Department, as well as from a School Psychologist and a Special Educational Needs Department.

The School occupies a nine hectare site on the main East West coast road in the central Algarve, approximately 30 minutes from Faro International Airport. The School Bus Service serves a wide area: Luz and Lagos, Messines and Silves, Albufeira and Vilamoura, Portimão and Alvor, Almancil and Loulé and Faro are all covered.

The School has been purpose built and, as well as spacious facilities for football, athletics and basketball, includes two self-contained Kindergarten units, 37 classrooms, a Gymnasium/Assembly Hall, four Art rooms, two Music rooms, three Science Laboratories, two Computer rooms, a Design Technology Workshop, the largest library in Southern Portugal, Kitchens and Dining rooms.

In the International Section, Portuguese as a foreign language is taught throughout, each class being divided between two teachers to allow different levels of experience in the language. All secondary age classes are also split into ability sets for Mathematics. There is a rich option scheme in the GCSE years, allowing pupils to choose between the more academic subjects like Physics, Chemistry, French and German and more practical subjects like Drama, Design Technology and Art. In the Sixth Form (Years 12 and 13) Advanced Level Subjects, leading to university entrance, currently on offer are Mathematics, Physics, Chemistry, Biology, Business Studies, German, Portuguese, French, Art, Design Technology, Physical Education, Information Technology and Travel and Tourism.

As well as covering all academic curriculum areas, a great deal of energy and enthusiasm go into school plays, musical concerts and art projects. The School also organizes many educational visits and an after-school club provides a wide range of sporting, adventure and academic support activities.

Team sport is well-developed at the School, giving pupils the opportunity to compete on a regular basis against teams from Portuguese Schools in the Algarve, as well as those from other International Schools in Portugal.

There is an active Parent Teacher Association which works to support the pupils through fund-raising and social activities.

The School Year runs from September to June, with breaks of two weeks at Christmas and Easter, plus Portuguese national Holidays.

If you would like a prospectus to be posted or e-mailed to you, or for any further information, please contact the School Office between 8am and 7pm on Tel: +351 282 342 547, email: geral@eialgarve.com.

Procura uma Escola de qualidade?!
Looking for a great School?!

EN 125, Barros Brancos
Cx.Postal 80, 8401-901 Lagoa

ESCOLA INTERNACIONAL DO ALGARVE
INTERNATIONAL SCHOOL OF THE ALGARVE

35 Anos Years

EN 125, entre Porches e Lagoa Tel+351 282 342 547 Fax+351 282 353 787 geral@eialgarve.com

Secção Nacional e Internacional
National and International Section

Níveis de Ensino com acesso a Universidade
Teaching up to University entrance level

Rede própria de Transportes
Our own Transport Network

Fundada em / Established in 1972

Venha visitar-nos! Come and visit us!

Vale Verde International School

Vale Verde International School is located on the edge of the village of Burgau and is easily accessible from the resort town of Luz and the city of Lagos. Being close to the A22, it is within easy reach of families who live further afield.

The Secondary school has a very special atmosphere where students thrive on the recognition and individual attention they receive, benefiting from small class sizes and a wide variety of subject areas as part of their daily curriculum. Our visitors are always impressed by the atmosphere of quiet and contented co-operation that permeates the corridors and the classrooms.

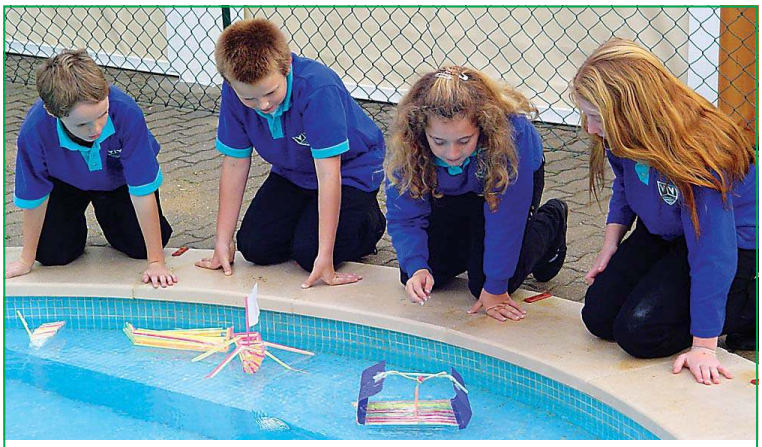
In Year 10 our students opt for a broad balance of subjects in keeping with the recommendations of Cambridge International Examinations and the ability/needs of the students. In addition to the IGCSE, the school offers courses in AS and A2 Levels. All teachers at VVIS have considerable experience in their academic field and there is a low turnover of staff.

The facilities in the school are being constantly updated to take into account the growing number of students. These include a new covered area for assemblies, wet play and music/drama performances and the most recent development has been the creation of a multipurpose Hall, complete with stage for Art and other displays, productions and indoor events.

As the student roll grows, it is becoming increasingly possible to field sporting teams in areas such as football and cross-country. VVIS competes in events organised by international schools in the region. The school possesses a very fine all-purpose court and a swimming pool which are put to regular use. In addition to sporting activities our students also attend a variety of other extra-curricular clubs held after school, which range from the academic to Music and Drama. We also arrange social and educational trips to places of interest both in Portugal and abroad.

At Vale Verde we aim to give your children an experience that will assist them to become educated and fully rounded members of society wherever they decide to live in the world.

Prospective parents will be welcome to tour the school. Please telephone Carla Paralta on 282 697 205 o make an appointment.



Outdoor Experiments.

Music Class.

Year 11 pupils testing recipes.

Help little minds grow

A big, healthy breakfast is the best way to start the day.

Specialist Purnima Tanuku, says: "We all know that we shouldn't go to work on an empty stomach, and the same goes for little tummies."

And nutritionist Ady Delaney stresses: "Breakfast is the most important meal of the day for children, with the emphasis on reloading of fibre and essential nutrients after sleep.

"Research has shown the huge benefits of a good breakfast when looking at a child's concentration and behaviour."

He adds: "Children, like adults, eat with their eyes and bright, colourful, appealing food will help tempt them into making the right choices."

Your child needs breakfast to keep their minds more active. (Photo: Press Association)

VVIS

Vale Verde International School

Prospective parents and pupils are invited to our

OPEN MORNING

Thursday, 29 May 2008 from 09:00–11:00

VVIS provides the community with a balanced, quality education of an international character based upon sound values and high expectations in all fields.

- Come and see our school and see us work to decide if you would like to join the VVIS family;
- Limited spaces available from Years 1–12

Contact Mrs Carla Paralta for futher details:
Telephone 282 697205 / admissions@vvis.org

Where to find us: Keep West past Lagos.
Take 2nd turning left to Luz. At roundabout, keep right.
School is +- 3.8km further, on right hand side of road.

Tel: 282 697205
Fax: 282 697260

Online Prospectus: www.vvis.org
Estrada de Burgau, Senhora daLuz

The Eastern Algarve international School

EAST, where students are happy and relish learning in a stimulating and safe natural environment taught by dedicated teachers through a balanced, broad and rich 21st century curriculum. Where the individual counts.

EAST - the Eastern Algarve International School at Tavira - began its activities in September 2006, fulfilling a much-needed requirement, in one of the region's most picturesque and relaxed areas. The school started in temporary buildings in a small rural tourism hotel, set in five hectares in the Assêca Valley, off the road to Cachopo, only five minutes from Tavira. Currently for students aged 4 to 11, the school aims to develop a full age range up to 18 over the coming years. Within a few years, the School hopes to move to its permanent location.

The School lends Tavira status, enhancing its reputation both in Portugal and internationally as an educational centre. The school is encouraging migration by families to the area, boosting the economy and supporting house and land prices, where land which are currently lower than those in central and the western Algarve.

EAST aims to be one of the best schools in Portugal, staffed by first-rate people, from highly talented teachers to highly experienced support staff - all are fully qualified and committed. The school's students helped select staff through lessons given to them by candidates on interview. "We chose teachers who really want to teach, are friendly, fair, clear, organised, patient, know their subjects and make the learning fun" they told us, "staff who respect and trust us and we them".

EAST is owned by its parents, staff and community, with a Board of Directors to manage it on behalf of the EAST Association. The School views education as a partnership between all concerned - the relationship between school and parents is vitally important. Parents and visitors are welcomed at any time to see EAST at work, which is an inclusive, open and democratic school where no nationality dominates. In turn, the School expects the full support and involvement of parents and an honest and trusting relationship between them, for parents to inform the School about anything that may affect the progress of students, to reinforce the work ethic, and of course to regularly attend events such as parents' evenings. The School is the smallest in the Algarve and has a family atmosphere.

The School has received the full support of the Câmara Municipal de Tavira, as the advantages to the community are obvious - creating employment, boosting the local economy and enriching the area's cultural and social life. Macário Correia, the Mayor of Tavira, has welcomed the project and will support the school's construction when it moves into its permanent building, as EAST is a non-profit making organisation.

Initially open to students aged 4 to 11, EAST will eventually be the only school in the Algarve to offer GCSE followed by International Baccalaureate at 18. EAST operates a radical curriculum tailored to the learning needs of the 21st century. A much-modified version of the National Curriculum of England emphasises EAST's international character and its setting in Portugal; all students study Portuguese language and culture. Spanish is the third language.

Much learning takes place within the community and the rich local environment. The longer than usual day accommodates individual study times within the timetable, reducing homework. Learning often takes place across age groups, and eventually residential experience will feature strongly. Learning relates to the real world, recognises the interconnectedness of knowledge and aims to develop the full potential of every individual. The aim of EAST is to develop education for life! The school accepts students from further afield, including Lisbon, who may board with families and travel home at weekends; some attend temporarily from many overseas locations.

Evening, daytime, weekend and vacation cultural, social and recreational activities are being offered to students, parents and local people though the School's *Continuing Education* programme. These have focussed on languages.

In School, there is strong focus on languages. As an indication of the dynamic, forward-thinking nature of the school, students choose from French, German or Spanish after sampling these for a term each and the School plans similar sampling for Mandarin, Hindi and Arabic, in the future, reflecting the growing strategic importance of these in future business and world affairs.

EAST values the arts, sports and health. All students receive instrumental tuition and take dance and drama; this and high-quality, healthy lunches are included in the fees. Good use is made of the local sports hall and swimming pool and opportunities to enjoy golf thanks to the goods links with local clubs.

The School is very grateful for financial support from *Vantea, Quinta da Ria Golf* and *Newlyn Homes*. The School's newly introduced Assisted Places Scheme offers up to 50% reduction for students starting in September 2008. Students are selected by interviews and short tests. Other companies or individuals interested in supporting additional assisted places should also contact the School.

Anyone interested can find further information on the website at www.east-pt.com *or* by phoning the School Office on 00351 281 325 333.

EAST
THE EASTERN ALGARVE INTERNATIONAL SCHOOL

THE EASTERN ALGARVE INTERNATIONAL SCHOOL AT TAVIRA

East leaps ahead

Where students, staff, parents and the community share an honest and trusting relationship, the joys of learning and engaging in a wealth of activities they will find useful and remember for life!

- A welcoming, inclusive, democratic, not-for-profit school, currently for 4 to 11 year olds, in a beautiful setting where learning is rigorous and fun
- Owned and managed by the EAST Association of its parents, staff and the local community; offering lower than average fees
- Small teaching groups recognising needs, developing talents and the potential of every individual
- Offering a modified version of the English National Curriculum relating to the School's setting in Portugal
- Child-centred, experiential 21st century programme, integrating lessons with activities with much learning out of school.
- When secondary education is developed, students will take GCSE; at 18, they will take the globally accepted International Baccalaureate
- Outstanding, enthusiastic, gifted, creative staff with high expectations, selected by teachers, students and parents
- Happy, achieving students who are academically stretched, resourceful, responsible, care for each other and the environment
- Focuses on the arts; health and sports; languages; technology; enriching community links.

EAST: Inspiring leadership; open management; committed staff; an innovative curriculum. self-controlled, students; supportive parents, equality of opportunity. Different...and aiming to make a difference. Call ***+351 281 325 333*** **or see www.east-pt.com for more information.**

Education for life!

This advertisement has been kindly sponsored by Finesco

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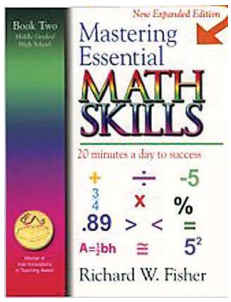
Useful books

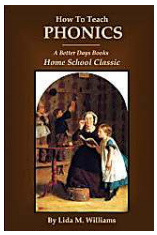
Mastering Essential Math Skills: 20 Minutes a Day to Success

A proven system of teaching math for classroom teachers, and for parents who are homeschooling. The easy-to-follow program requires only 20 minutes a day. Short, concise, and self-contained lessons help students to master, maintain and reinforce math skill.



How To Teach Phonics: A Better Days Books Home School Classic (Kindle Edition)

Phonics is not a method of teaching reading, but it is a necessary part of every good, modern method. It is the key to word mastery, and word mastery is one of the first essentials in learning to read. A knowledge of the sounds of letters, and of the effect of the position of the letter upon its sound, is an essential means of mastering the mechanics of reading, and of enabling children to become independent readers.



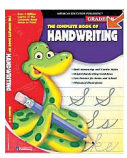
The Complete Book of Handwriting

The Complete Book of Handwriting teaches children in Kindergarten to grade 3 important handwriting skills!

This 352 page workbook guides children through exercises that will refine handwriting skills- in both print and cursive!

Features:

- Instruction and practice in both print and cursive
- Eye-hand coordination exercises
- Practice writing letters, words, phrases, and sentences
- Exercises using frequently used words: days of the week, school subjects, holidays, and so on
- Special section on writing thank-you notes and friendly letters
- Pull-out writing guide



Turn back time

Despite believing that we can all age gracefully, it seems that this isn't what most people want to hear. There is a definite need for people to maintain youthful, radiant, wrinkle-free skin well into their 50's, 60's and 70's.

A face lift, eye lift, brow lift, will do just that… lift, but it's not a magic treatment that will ensure you have good skin for the rest of your life.

It's absolutely essential to have a thorough homecare routine if you want to defy the ageing process. You need to keep your skin functioning at its optimum and this means keeping it healthy, and to do this you need to ensure that you stick to your homecare routine.

You don't need to have rows of products lining your bathroom shelves but a cleanser, moisturiser, exfoliant, and eye cream should have a permanent spot in your bathroom cabinet. No matter what other treatments you consider, whether it be surgery or chemical peels you need to maintain a good homecare routine in order to achieve permanent results.

Once you have an established homecare routine you can start to explore other areas of anti – ageing. The field of anti – ageing is expanding rapidly and new products and treatments are announced on a weekly basis so there's a lot to choose from. Anti Ageing treatments and products can be costly so it's important that you do your research before diving straight in.

Surgery

It seems like a drastic option but a record number of consumers invested in facial plastic surgery last year. A study by the British Association of Aesthetic Plastic Surgeons revealed that 4,468 facelift procedures took place in 2007, up 36% on 2006 figures. So it's a popular choice.

It certainly works, but it is costly and you have to do your research beforehand, make sure that you see a portfolio and certificates. It's important that you know and understand everything that is involved in the procedure, from what is carried out in the operation, the aftercare you receive and recovery time.

A face lift, eye lift, brow lift, will do just that… lift. It doesn't do anything for your skin so maintaining a good homecare routine is essential, it's not a magic treatment that will ensure you have good skin for the rest of your life. It is obviously a permanent lift, but you need to keep your skin in good shape too.

Products

You need to stay away and not be enticed by miracle products, what you need to look for is miracle ingredients. You need to make sure that there is a high percentage of active ingredients in the products that you buy.

Ingredients to look for are ...

Vitamin A: This is an anti oxidant that will help to rejuvenate the skin and improve the texture and blood supply of the deeper collagen fibres.

It's absolutely essential to have a thorough homecare routine if you want to defy the ageing process.

Vitamin C: An ingredient that when topically applied is actually proven to effect lines and wrinkles. It stimulates collagen synthesis and exfoliates at the same time.

Pentapeptides: This is why we all flocked to Boots Chemist for the 'Protect and Perfect' serum, another collagen stimulating ingredient. It's also included in the new Dermalogica Age Smart Range (if the skin care professionals are using it then this one really works).

Looking for products with these ingredients in, will not be too difficult, if it's in there they'll want to make sure you know it, so you won't have to be reading the back of every product… but it is going to be slightly more expensive than your average face cream. The only positive to this is that it will work and that you'll use less because there are more active ingredients in there.

Non-surgical treatments

Microcurrent Machines are what are known as Non – Surgical Facelifts. CACI was the original Microcurrent machine but times are moving on and the newest machines have some incredible technology incorporated into the system, so it's not only a lifting treatment, it's great for your skin too.

The Bio Ultimate Platinum machine is one of the newest around and as with most other Microcurrent machines it works by stimulating the Golgi Tendon Organ in your Muscle which will in turn send signals along nerve pathways about how long or short your muscle is. So you can shorten or lengthen muscles with this machine and because the Bio Ultimate Platinum also stimulates ATP (energy) it will have a long lasting effect as your muscle will be able to hold itself in its new position.

This is a lifting treatment that will refine deep lines and wrinkles, lift your eyebrows, lift the corners of the mouth and reduce a double chin because it re-educates the muscles in your face. But this treatment will also stimulate blood flow which will bring nutrients and oxygen to your skin more effectively and this will also increase lymphatic flow which will aid in the removal of toxins.

Once you have had a course of these treatments, a regular maintenance treatment every 4-6 weeks will be prescribed for you (this will replace the normal facials that you usually have), if you stick to this you will achieve permanent results.

While one day going under the knife maybe inevitable, if products, creams and non surgical treatments are used correctly they can go a long way in helping you defy the ageing process and quite literally turn back time!

Please remember that everyone is different and for a personally prescribed treatment plan or homecare routine you should see your skin or beauty therapist.

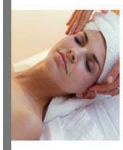
Suzie Bell, Senses… Skincare Centre, Lagos

See what you're missing at: www.the-news.net

NEW!

Concerned with ageing, lines and wrinkles?

Brand New Non-Surgical Face Lift



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Beating stress long-term

:: Celebrate your achievements. Spend time at the end of each day thinking about the high spots and what you did well, rather than dwelling on mistakes or worrying about what will happen tomorrow.

Research shows optimists live longer than people with a more negative view of life, and are less likely to suffer from lower immune systems.

:: Going to bed at 10.30 three to four times a week can have a massive impact on wellbeing. Seventy per cent of us struggle to get around eight hours sleep a night, which most of us need.

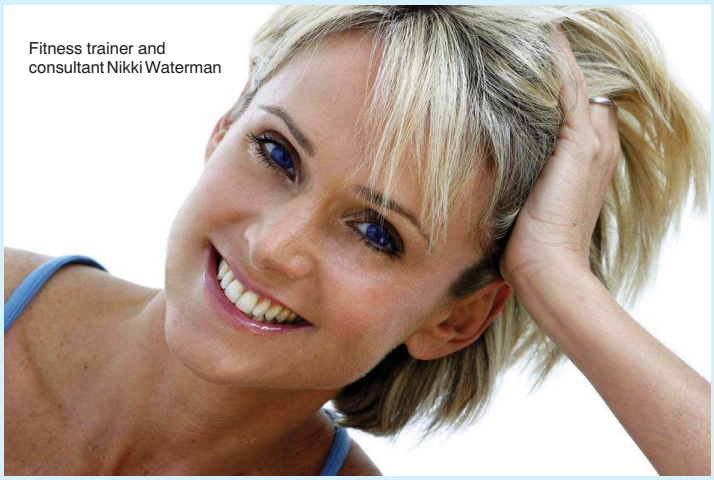
A study by the University of Sussex found women in their forties only get about six-and-a-half.

Missing three hours can raise blood pressure and double the risk of a heart attack.

:: Find out from your HR department if cheap membership to a gym could be given as a perk. Research by Cannons health club chain found that 67% of employees with subsidised membership felt healthier and more motivated.

:: Start a lunchtime walking club, or have 'walk and talk' meetings. Studies by the British Heart Foundation found walking increases brain function and productivity. Find routes on www.walkit.com

:: Check out whether you have allergies or an intolerance to wheat or dairy products, and consider cutting down on caffeine intake, which, if more than four cups of caffeinated drinks a day, may be putting stress on your system and preventing you from sleeping properly at night.



Fitness trainer and consultant Nikki Waterman

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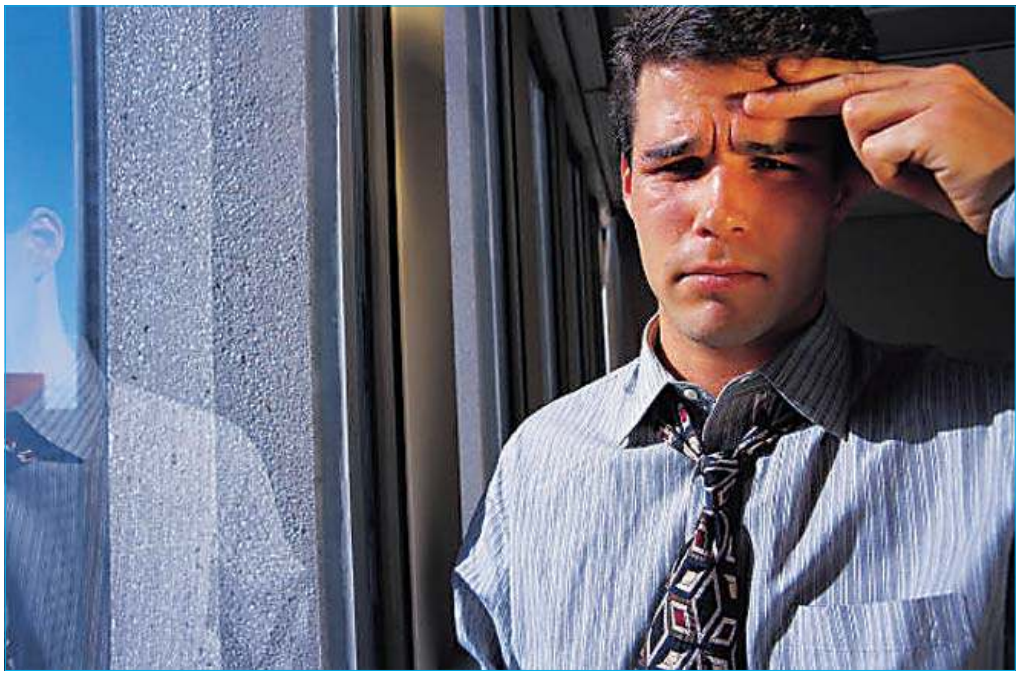
How to de-stress for your holidays



1. Try not to overwork in an unrealistic attempt to 'finish' everything in the days before a break. "It's not uncommon for people to double their workload before a break which can leave them exhausted, with a low immune system and vulnerable to illness like colds or stomach upsets," says Hilliard.

Instead, delegate work if possible, and also try to share the work of holiday preparations.

2. Manage expectations of a holiday. Hilliard advises: "The old saying 'it's better to travel in hope rather than arrive' is often very true!

"Accept that you don't have to be in charge of everything on the break, that it probably won't be perfect and keep a sense of humour if things don't go to plan."

3. At least at the beginning of a holiday, try to have a structure and a purpose to your day. Richard says: "Don't have a lie-in on the first day of the break. Get up at about the same time as you do for work, and have an activity to do that day so there's not a sudden change of pace. Then gradually slow down during the break to acclimatise your body gently."

4. Eating breakfast by a window, or even getting an early morning walk will help you have a better day. A dose of early morning sunlight helps kick-start your body and boost vitality levels.

A walk round the block or in the park with the kids can help you de-stress and keep blood pressure on an even keel.

5. Make time to have fun. Just having a giggle will give your immunity a temporary boost by releasing endorphins which make you feel good, relax and de-stress.

Research at the University of Loma Linda in California has shown that even thinking about something funny is enough to bring adrenaline levels down.

6. Pop Mozart on an iPod or personal stereo. Many experts now believe that this composer's music in particular is calming and de-stressing.

7. Get sweet dreams by chomping on cherries. Rich in melatonin they can help you get a good night's sleep.

Dr Russel Reiter, a nutrition researcher, recommends eating a handful 30 minutes before bed and choosing tart varieties which contain more sleep-inducing melatonin than sweeter ones.

Also, ban carbs until 5pm. They encourage a rush of seratonin which calms the brain, helps you relax and can aid sleep.

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BOOK REVIEW

Fabrico Próprio - The Design of Semi-Industrial Confectionery

'Fabrico Próprio' means 'Own Production', an expression used by most Portuguese cafés and patisseries in their shop signs, windows and packaging. It is a warrant of freshness and quality, but also of uniqueness and prestige of the baked goods they sell – most of them sweet, one-portion cakes.

'Fabrico Próprio - The Design of Semi-Industrial Confectionery' is a 292-page, hardcover book dedicated to Portuguese confectionery and its relation to design. Reflecting the importance of this universe in our culture and society, it is primordially an encyclopaedic record of several specimens of Portuguese daily confectionery cakes, photographed and shown close to real scale. This compilation – the first conducted in our country on this kind of food products – is joined by introductory texts, historic notes and also a confectionery glossary. The book also includes perspectives from 23 Portuguese and foreign professionals, which can be found along its pages in the form of three essays and several sections. Photographers, illustrators, architecture and food critics, a chef and an art curator take Portuguese semi-industrial confectionery as a source of inspiration, offering unexpected approaches to this surprising world.

'Fabrico Próprio' is a multidisciplinary project dedicated to Portuguese semi-industrial confectionery and its relation to design, authored by Pedrita (Rita João, Pedro Ferreira) and Frederico Duarte. It is composed of this book, a workshop, the fabricoproprio.net website and a series of launches in Portugal and abroad. This project is financed by the Direcção Geral das Artes do Ministério da Cultura, and has Tourism Portugal as its institutional sponsor, ARESP and CFPSA as its strategic partners, and Delta Cafés as its private sponsor.

Price: 34,90€ - (Bilingual Edition) Available from Magna Carta Bookshop

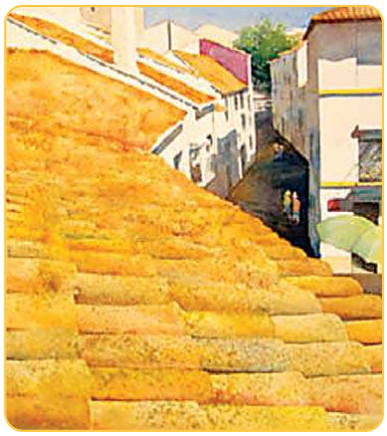
EXHIBITIONS

Hotel Luar hosts English artist's art exhibition

Hotel Luar in Praia da Rocha and Brian Mehl are pleased to announce an exhibition of some of Brian Mehl paintings in the hotel foyer. The exhibition starts on 16th May 2008. The paintings displayed are based on Portuguese life and landscape.

About the Artist.

After running his own graphic design company for 23 years, Brian retired to the warm and friendly environment of the Algarve to pursue his dream of painting full time.



He works in all media and has no particular preference for subject matter or style but would rather approach each painting or drawing as an individual problem and let that particular subject suggest it's own solution.

His painting of Sir Cliff Richard's vineyard in 2001 was incorporated into the label for Sir Cliff's wine, VIDA NOVA, and he has since been commissioned to produce more paintings for Sir Cliff's Red, Rosé and White VIDA NOVA wines.

His paintings are in private collections in Canada, England, Germany, Ireland, Switzerland, Portugal and the USA.

He has regularly participated in the biennial exhibition, "Cores e Formas dos Nossos Artistas" in Albufeira; 2001 Honourable Mention; 2003 2nd Prize; 2005 Honourable Mention; 2007 Selected for Exhibition.

He has taken part in many collective exhibitions, including: The International Exhibition of Painting, Almadova; Forum Algarve, Faro; Barringtons, Vale do Lobo; Centro des Artes, Sever de Vouga; Arquivo Distrital, Faro; Conservatorio Maria Campina, Faro and Giracõr, Ferragudo and Lagoa.

For more information, contact Brian on 96 98 99 178 or e-mail as1519467@sapo.pt or visit www.brian-mehl-art.com.

FESTIVALS

23rd Algarve Academic Week

Every year, the Faro University student body organisers concerts as part of their academic week, which attracts hundreds of partygoers from all over the Algarve. This years lineup includes:

8th – Serenata | Toca a Rufar | Anjos
9th – Água na Boca | Fáfá de Belém
10th – Hands on Aproach | Chus & Ceballos | Groove Armada
11th – Irmãos Verdade | Bonga
12th – Claudisabel | Marco Paulo
13th – Fonzie | Tara Perdida
14th – Dealema | Boss AC
15th – Tunas Académicas
16th – Quem é o Bob? | Marcelo D2
17th – Bunnyranch | Xutos e Pontapés | Pete Tha Zouk
Penha Sports centre in Faro.

LIVE CONCERTS

COMING SOON COMING SOON

Weekly updates on the biggest concerts coming your way...

MAY

Adriana Calcanhotto – May 19th at Lisbon Coliseu from 10pm. Tickets: €25 - €50.

Asia – May 21st at Lisbon Coliseu. Further info TBA.

Cat Power – May 26th at Lisbon Coliseu from 10pm. Tickets: €20 - €40. May 28th at Oporto Coliseu from 10pm. Tickets: €20 - €40.

JUNE

Juanes – June 16th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €40. June 17th at Oporto Coliseu from 8.30pm. Tickets: €22 - €35.

Comeback Kid – June 19th in Lisbon from 9pm. Tickets: €20.

Jack Johnson – June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

Tokio Hotel – June 29th at Lisbon Pavilhão Atlântico from 7.30pm. Tickets: €28 - €40.

JULY

James Blunt – July 4th at Lisbon Campo Pequeno. Tickets: €32.50 - €37.50.

Lucky Peterson – July 4th in Portimão. Further info TBA.

Herbie Hancock – July 5th in Loulé. Further info TBA:

Dee Dee Bridgewater – July 11th at Albufeira Golfed a Balaia. Further info TBA.

Manhattan Transfer – July 12th in Portimão. Further info TBA.

Lou Reed – July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco.

Caetano Veloso – July 25th in Albufeira.

Diana Krall – July 29th at Albufeira in Marina. Further info TBA.

AUGUST

Simply Red – August 1st at Albufeira Herdade dos Salgados. Further info TBA.

Mariza – August 29th at Loulé, Vale do Lobo.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

FESTIVALS

COMING SOON COMING SOON COMING SOON COMING SOON

Weekly updates on the latest names confirmed for Portugal's summer festivals...

MAY

Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; Amy Winehouse; James Morrison; Ivete Sangalo; Sam the Kid & Cool Hopnoise; Ricardo Azevedo & Lúcio Moniz; Philharmonica Weed & Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Alanis Morissette; Skank; Alejandro Sanz; Expensive Soul; Sara Tavares; João Gil; Tito Paris; Marisa Pinto; NBC; Verónica Larrenne; Carl Cox. June 1: Rod Stewart; Joss Stone; Boss AC; Tokio Hotel; Vitorino; Ala dos Namorados; Rão Kyao; Nancy Vieira; Jazzinho, Melo D. June 5: Metallica; Machine Head; Apocalytica; Tim and Jorge Palma; Waygunn; The Faith Gospel Choir; André Indiana; Sp & Wilson; 2 Many DJs; The Crystal Method; Miguel Quintão; Zé Pedro. June 6: Muse, Linkin Park; Offspring; Kaiser Chiefs; Orishas; Clã; Buraka Som Sistema; Deise Tigrona; Bruno M; Caim; Vibe; Stereo Addictions.

JULY

Super Bock Super Rock Porto – Parque da Cidade in Oporto from 5pm. July 4th: ZZ Top; Crowded House; Love & Rockts; Xutos e Pontapés; David Fonseca. July 5th: Jamiroquai; Morcheeba; Clã; Jorge Palma; Brand New Heavies; Paolo Nutini; Sexy Sound System. Tickets: €35 - €80.

Super Bock Super Rock Lisboa – Parque Tejo in Lisbon from 5pm. July 9th: Iron Maiden; Slayer; Avenged Sevenfold; Rose Tatoo; Lauren Harris; Tara Perdida. July 10th: Beck; Mika; Duran Duran; Digitalism; Mesa & Rui Reining; Tiesto. Tickets: €40 - €80.

Festival Oeiras Alive – Passeio Marítimo de Algés. July 10th: Rage Against the Machine; Spiritualized; Gogol Bordello; Cansei de Ser Sexy; The National; Sons of Albion; DJ Peaches. July 11th: Bob Dylan; Within Temptation; Chris Cornell; Nouvelle Vague; Uffie; Mr Flash; Krazy; Baldhead; Vicarious Bliss. July 12th: Neil Young; Ben Harper & The Innocent Criminals; Donavon Frankenreiter; The Gossip; Roisin Murphy. Tickets: €45 - €80.

Festival Marés Vivas – July 17th – 19th at Gaia, Praia do Areinho. July 18th: The Prodigy. Tickets: €15 - €30.

Festival Músicas do Mundo – July 17th – July 26th in Sines. July 17th: Bassekou Kouyate. July 18th: Hazmat Modine. July 23rd: Kasai Allstars; Justin Adams & Juldeh Camara. July 24th: Orchestra Baobab; Beirut; Marful; Lo Còr de La Plana. July 25th: KTU. July 26: Erika Stucky.

Festival do Tejo – Lisboa Pólo Universitário do Alto da Ajuda. July 18th: Patrice. July 19th: Mariza; Couple Coffee. July 20th: Patrice; Chiclete Com Banana; Jorge Palma. Tickets: €25 - €40.

Lagoa Burning Live – July 26th & 27th at Estômbar Parque de Exposições e Feiras.

AUGUST

Anti-Pop Music Festival – August 1st – 3rd at Viana do Castelo Forte S. Tiago da Barra.

Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. July 31: Sex Pistols; Mando Diao; The Wombats. August 1st: Primal Scream; The Rakes. August 3rd: Thievery Corporation; Emir Kusturica; The No Smoking Orchestra.

Sudoeste – August 7th – 10th at Herdade da Casa Branca. August 7: Bjork; La Fura Dels Baus. August 8: The Dynamics; La Fura Dels Baus. August 9: La Fura Dels Baus. August 10: Xutos & Pontapés & Orquestra de Matias do Hot Club; Jorge Palma; La Fura Dels Baus.

Surf Fest – August 14th – 15th in Sagres. August 15th: Emir Kusturica; The No Smoking Orchestra.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

Sultry summer looks

Refresh your make-up bag and check out this season's upcoming beauty looks with our round-up of the hottest trends for spring and summer 2008.

Forget the spring cleaning. Put your feather duster to one side and concentrate on brushing up your make-up routines instead, with the new season's hottest hair and beauty trends.

From barely-there beauty to ultra-bright shock colour, glamorous groomed hair to laid-back gypsy locks - there's a look we can all adopt from the spring/summer 08 catwalks.

The industry experts reveal what's new and fresh for hair, make-up and nails this season. Our beauty forecast for this summer is certainly bright and sunny.

Make-up

For spring, runways were awash with fresh-faced, dewy complexions. 'Immaculate skin' is the beauty buzz phrase here, with big brows being a key focus to frame the face.

"Less is more," says make-up artist Gucci Westman. "Don't wear a full face of make-up but do conceal any imperfections."

As a complete contrast, colour made a shocking comeback, from loud mouths featuring orange and blue lips at Louis Vuitton to two-tone blue/green eyeliner at Karl Lagerfeld. Either work your eyes with a wash of bright colour - or give lips a pop of colour - but never both at the same time.

"Anyone can pull off coral or orange lips," says Jo Bull, celebrity make-up artist. "A lighter coral works better on paler skin and those with blonde, red or light brown hair and darker orange tones look great on brunettes and those with a more olive complexion."

Hair

Is the towering Winehouse beehive look starting to bore you? Lose the backcombing and excessive hairspray, this season marks a more relaxed vibe to hair, whether up or down.

Sam McKnight, hairdresser and ambassador for Pantene Pro-V says: "There's not one key hair trend this season. In keeping with the eclectic bunch of fashion trends hair looks are just as disparate, from the 'gorgeously groomed' look at Versace and Matthew Williamson where hair looks expensive, glossy and very feminine to the 'modern gypsy' look at Etro, Giles and Chloe, where texture plays a key part of the overall look."

To go with the glossy approach, hair either needs to be long and full of body and shiny, or tied in a glamorous low ponytail with a slick wave - ideal for warmer summer months.

For relaxed bohemian style locks, hair is teased, twisted or even crimped. "This look is all about individuality," Sam says.

Nails

Painting your talons is the easy way to tell the world you're stepping into spring. Lose the devilish dark colours and give your nails a colour blast to embrace the new season.

"As always bright nails are always a must-have for summer," says Charlotte Straughan for Ciate.

"Julien Macdonald had a fab coral colour on his S/S catwalk models. To get the look keep your nails short and neat, then paint on two coats of coral colour. Finish with a super shiny top coat to keep your colour for longer."

Lilac, yellow, orange and blue are also key brights for new season talons.

Not that brave with the lacquer brush? Natural pink nails were big on the runways at Basso & Brook and Viktor & Rolf shows.

"A soft pink works well on a number of skin tones and will brighten up dull, stained nails," Charlotte says.

Lisa Haynes

"Less is more," says make-up artist Gucci Westman. "Don't wear a full face of make-up but do conceal any imperfections." (Photo: Press Association)

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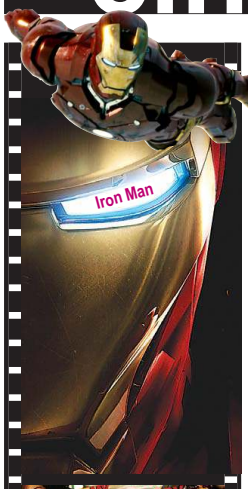
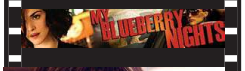
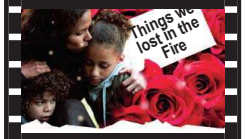
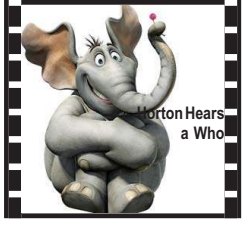






The Bank Job



ALGARVE

SBC FORUM ALGARVE
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8 MAY-14 MAY

1
27 Dresses
Katherine Heigl, James Marsden
13.20-15.55-18.30-21.00 (23.30 Fri & Sat)
Horton Hears a Who
Animation PV
(11.15 Sat & Sun)
2
Fool's Gold
Mathew McConaughey, Kate Hudson
17.15-22.00
Winx Club: The Secret of the Lost Kingdom
Animation
(10.30-12.40 Sat & Sun)
Semi-Pro
Will Ferrel, Woody Harrelson
15.10-19.50 (00.35 Fri & Sat)
3
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
14.20-16.40-19.00-21.20 (23.40 Fri & Sat)
4
Meet the Spartans
Carmen Electra, Kevin Sorbo
13.45-15.50-18.00-20.05-22.10 (00.30 Fri & Sat)
5
Iron Man
Robert Downey Jr., Terrence Howard
(10.35 Sat & Sun) 13.25-16.00-18.55-21.50 (00.15 Fri & Sat)
6
21
Jim Sturgess, Kevin Spacey
(12.40 Sat & Sun) 15.25-18.25-21.10 (23.55 Fri & Sat)
7
88 Minutes
Al Pacino, Amy Brenneman
14.20-16.50-19.20-21.50 (00.30 Fri & Sat)
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
(10.50 Sat & Sun)
8
Dan in Real Life
Steve Carell, Juliette Binoche
(12.05 Sat & Sun) 16.55-21.45 (00.15 Fri & Sat)
9
The Ugly Duckling and Me
Animation PV
(11.30 Sat & Sun)
We Own the Night
Joaquin Phoenix, Mark Wahlberg
13.40-16.15-18.55-21.35 (00.15 Fri & Sat)

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8 MAY-14 MAY

Iron Man
Robert Downey Jr., Terrence Howard
15.30-18.30-21.30

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
8 MAY-14 MAY

1
P2
Rachel Nichols, Wes Bentley
13.45-16.40-19.20-21.45 (00.15 Fri & Sat)
2
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
13.20-16.00-18.25-21.30 (23.50 Fri & Sat)
3
88 Minutes
Al Pacino, Amy Brenneman
13.30-16.15-18.40-21.20 (23.55 Fri & Sat)
4
My Blueberry Nights
Norah Jones, Jude Law
13.40-16.30-19.05-21.10 (00.00 Fri & Sat)

OV = Original Version
PV = Portuguese Version

5
Donkey Xote
Animation PV
13.00-15.00-17.00-19.00
FICA — International Festival of Environmental **Film** and Video
6
Meet the Spartans
Carmen Electra, Kevin Sorbo
13.10-15.10-17.10-19.10-21.15 (23.40 Fri & Sat)
7
21
Jim Sturgess, Kevin Spacey
13.15-16.05-18.45-21.35 (00.05 Fri & Sat)
8
Iron Man
Robert Downey Jr., Terrence Howard
13.05-15.50-18.30-21.25 (00.10 Fri & Sat)
9
Fool's Gold
Mathew McConaughey, Kate Hudson
13.35-16.10-18.35-21.05 (23.45 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
8 MAY-14 MAY

1
Iron Man
Robert Downey Jr., Terrence Howard
13.40-16.30-19.10-21.40 (00.15 Fri & Sat)
FICA — International Festival of Environmental **Film** and Video
2
21
Jim Sturgess, Kevin Spacey
14.00-16.35-19.05-21.35 (00.05 Fri & Sat)
FICA — International Festival of Environmental **Film** and Video
Fool's Gold
Mathew McConaughey, Kate Hudson
13.45-16.05-18.40-21.10 (23.50 Fri & Sat)
3
Dan in Real Life
Steve Carell, Juliette Binoche
13.50-16.05-18.40-21.10 (23.50 Fri & Sat)
4
The Ugly Duckling and Me
Animation PV
13.30-15.30-17.30-19.30
Fool's Gold
Mathew McConaughey, Kate Hudson
(21.30 Thu-Sun) (00.00 Fri & Sat)
FICA — International Festival of Environmental **Film** and Video
Iron Man
Robert Downey Jr., Terrence Howard
(21.40 Fri & Sat)
5
The Mist
Thomas Jane, Nathan Gamble
13.00-15.30-18.00-21.20 (00.150 Fri & Sat)
FICA — International Festival of Environmental **Film** and Video
6
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
14.05-16.30-19.05-21.50 (00.20 Fri & Sat)

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
8 MAY-14 MAY

Meet the Spartans
Carmen Electra, Kevin Sorbo
21
Jim Sturgess, Kevin Spacey
My Blueberry Nights
Norah Jones, Jude Law
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D
Documentary
Vantage Point
Dennis Quaid, Forest Whitaker
27 Dresses
Katherine Heigl, James Marsden
The Eye
Jessica Alba, Alessandro Nivola
Semi-Pro
Will Ferrel, Woody Harrelson
P2
Rachel Nichols, Wes Bentley
88 Minutes
Al Pacino, Amy Brenneman
Donkey Xote
Animation PV
Dan in Real Life
Steve Carell, Juliette Binoche
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson

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8 MAY-14 MAY

P2
Rachel Nichols, Wes Bentley
My Blueberry Nights
Norah Jones, Jude Law
21
Jim Sturgess, Kevin Spacey
Shine a Light
Documentary
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D
Documentary
27 Dresses
Katherine Heigl, James Marsden
Meet the Spartans
Carmen Electra, Kevin Sorbo
Terra Sonâmbula
Tânia Adelino, Cândido Andrade
Night Watching
Martin Freeman, Emily Holmes
Cashback
Sean Biggerstaff, Emilia Fox
Dan in Real Life
Steve Carell, Juliette Binoche
Happily N'Ever After
Animation

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Iron Man
Robert Downey Jr., Terrence Howard
My Blueberry Nights
Norah Jones, Jude Law
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Dan in Real Life
Steve Carell, Juliette Binoche
Terra Sonâmbula
Tânia Adelino, Cândido Andrade
Donkey Xote
Animation PV
27 Dresses
Katherine Heigl, James Marsden
We Own the Night
Joaquin Phoenix, Mark Wahlberg

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8 MAY-14 MAY

Iron Man
Robert Downey Jr., Terrence Howard
U2 3D
Documentary
P2
Rachel Nichols, Wes Bentley
Meet the Spartans
Carmen Electra, Kevin Sorbo
21
Jim Sturgess, Kevin Spacey
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Fool's Gold
Mathew McConaughey, Kate Hudson
Donkey Xote
Animation PV
27 Dresses
Katherine Heigl, James Marsden

LUSOMUNDO COLOMBO
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8 MAY-14 MAY

88 Minutes
Al Pacino, Amy Brenneman
A Ilha dos Escravos
Diogo Infante, Vanessa Giacomo
Donkey Xote
Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
21
Jim Sturgess, Kevin Spacey
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Meet the Spartans
Carmen Electra, Kevin Sorbo
27 Dresses
Katherine Heigl, James Marsden
Fool's Gold
Mathew McConaughey, Kate Hudson
P2
Rachel Nichols, Wes Bentley
Iron Man (Digital)
Robert Downey Jr., Terrence Howard
U2 3D
Documentary

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8 MAY-14 MAY

Iron Man
Robert Downey Jr., Terrence Howard
Meet the Spartans
Carmen Electra, Kevin Sorbo
Fool's Gold
Mathew McConaughey, Kate Hudson
Alvin and the Chipmunks
Jason Lee, David Cross OV & PV
Vantage Point
Dennis Quaid, Forest Whitaker

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8 MAY-14 MAY

Horton Hears a Who
Animation PV
Meet the Spartans
Carmen Electra, Kevin Sorbo
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Donkey Xote
Animation PV
Dan in Real Life
Steve Carell, Juliette Binoche
88 Minutes
Al Pacino, Amy Brenneman
21
Jim Sturgess, Kevin Spacey
My Blueberry Nights
Norah Jones, Jude Law
27 Dresses
Katherine Heigl, James Marsden
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
Iron Man
Robert Downey Jr., Terrence Howard
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson
Youth Without Youth
Tim Roth, Alexandra Maria Lara
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Blade Runner: The Final Cut
Harrison Ford, Rutger Hauer
Shine a Light
Documentary

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8 MAY-14 MAY

What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D
Documentary
27 Dresses
Katherine Heigl, James Marsden
The Eye
Jessica Alba, Alessandro Nivola
Happily N'Ever After
Animation PV
Meet the Spartans
Carmen Electra, Kevin Sorbo
Fool's Gold
Mathew McConaughey, Kate Hudson

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Iron Man
Robert Downey Jr., Terrence Howard
The Bucket List
Jack Nicholson, Morgan Freeman
The Mist
Thomas Jane, Nathan Gamble
Fool's Gold
Mathew McConaughey, Kate Hudson
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Horton Hears a Who
Animation PV
Diary of the Dead
Shawn Roberts, Megan Park
10,000 BC
Steven Strait, Camilla Belle
27 Dresses
Katherine Heigl, James Marsden
Winx Club: The Secret of the Lost Kingdom
Animation PV
Dan in Real Life
Steve Carell, Juliette Binoche
Vantage Point
Dennis Quaid, Forest Whitaker
Meet the Spartans
Carmen Electra, Kevin Sorbo

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8 MAY-14 MAY

Iron Man
Robert Downey Jr., Terrence Howard
Donkey Xote
Animation PV
Dan in Real Life
Steve Carell, Juliette Binoche
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
88 Minutes
Al Pacino, Amy Brenneman
27 Dresses
Katherine Heigl, James Marsden
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson

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8 MAY-14 MAY

Donkey Xote
Animation PV
Vantage Point
Dennis Quaid, Forest Whitaker
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
The Bucket List
Jack Nicholson, Morgan Freeman
P2
Rachel Nichols, Wes Bentley
Iron Man
Robert Downey Jr., Terrence Howard
21
Jim Sturgess, Kevin Spacey
27 Dresses
Katherine Heigl, James Marsden
The Eye
Jessica Alba, Alessandro Nivola

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Meet the Spartans
Carmen Electra, Kevin Sorbo
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D
Documentary
27 Dresses
Katherine Heigl, James Marsden
The Ugly Duckling and Me
Animation PV
Dan in Real Life
Steve Carell, Juliette Binoche
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

LUSOMUNDO VASCO DA GAMA
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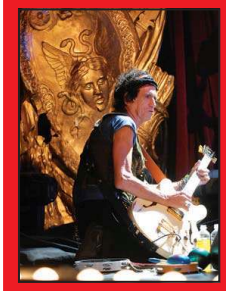
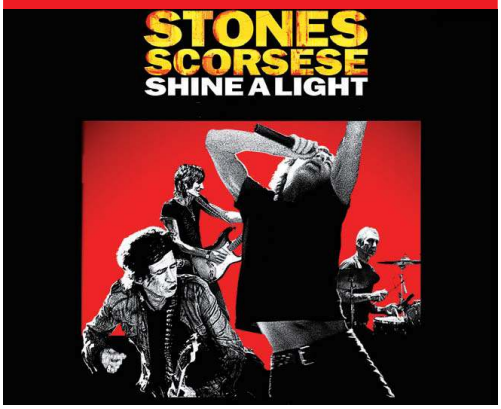
8 MAY-14 MAY

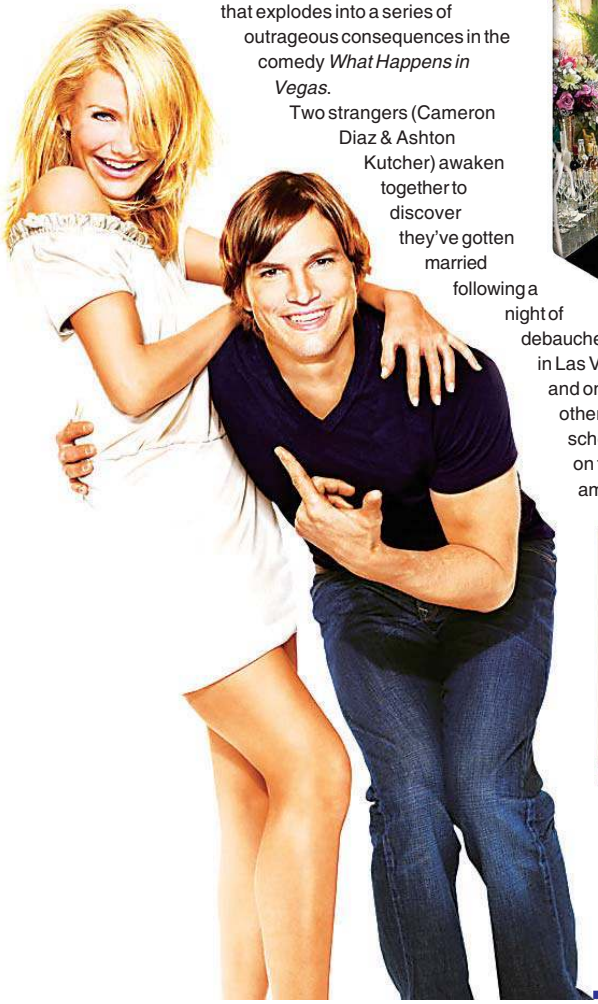
The Bucket List
Jack Nicholson, Morgan Freeman
Happily N'Ever After
Animation
Vantage Point
Dennis Quaid, Forest Whitaker
Dan in Real Life
Steve Carell, Juliette Binoche
Rec
Javier Bolet, Manuel Bronchud
Iron Man (Digital)
Robert Downey Jr., Terrence Howard
U2 3D
Documentary
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
27 Dresses
Katherine Heigl, James Marsden

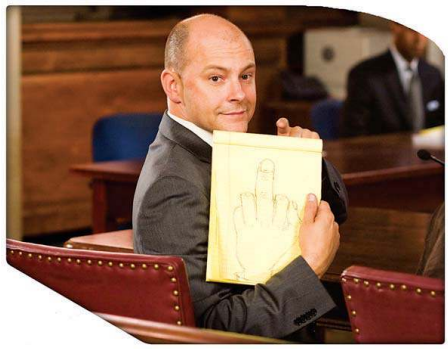


It's hard to overestimate the importance of the Rolling Stones in rock & roll history. The group, which formed in London in 1962, distilled so much of the music that had come before it and has exerted a decisive influence on so much that has come after. Only a handful of musicians in any genre achieve that stature, and the Stones stand proudly among them.
A documentary that focuses on the two concerts from the group's current 'A Bigger Bang' tour as well as historical and contemporary behind-the-scenes footage and interviews. A recent concert in Austin, Texas, was also filmed.



The popular expressio
veritable jackpot of sh
And if you can remem
But what would
happen if a few crazy
- okay, hugely
inebriated - moments
in Sin City not only didn't "stay" there, but also followed you
all the way back home and threatened to turn
your life upside down? That's the setup
that explodes into a series of
outrageous consequences in the
comedy *What Happens in Vegas*.
Two strangers (Cameron
Diaz & Ashton
Kutcher) awaken
together to
discover
they've gotten
married
following a
night of
debauchery
in Las Vegas,
and one of them has won a huge jackpot after playing the other's quarter. The newlyweds devise ever-escalating schemes to undermine each other and get their hands on the money, only to find themselves falling in love amid the mutual backstabbing.

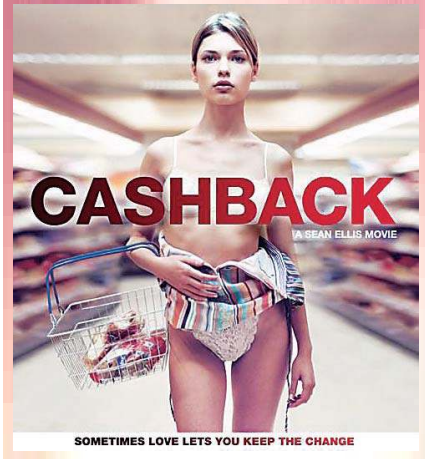




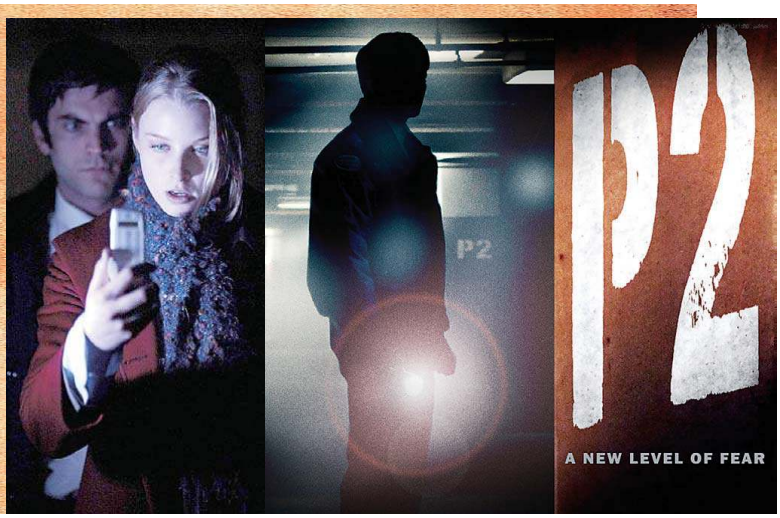
what happens in VEGAS

CASHBACK

When art student Ben Willis (Sean Biggerstaff) is dumped by his girlfriend Suzy (Michelle Ryan), he develops insomnia. To pass the long hours of the night, he starts working the late night shift at the local supermarket. There he meets a colourful cast of characters, all of whom have their own 'art' in dealing with the boredom of an eight-hour-shift. Ben's art is that he imagines himself stopping time. This way, he can appreciate the artistic beauty of the frozen world and the people inside it, especially Sharon (Emilia Fox), the quiet checkout girl, who perhaps holds the answer to solving the problem of Ben's insomnia.



It's Christmas Eve. Angela Bridges (Rachel Nichols), an ambitious young executive, works late before she leaves for her family's holiday party. When she gets down to the parking garage, she discovers that her car won't start. The garage is deserted and her cell phone doesn't get a signal underground. When Thomas (Wes Bentley), a friendly security guard, comes along and offers to help, Angela nervously accepts his gesture of good will. Soon after a failed attempt to start her car, he invites her to stay and share a small Christmas dinner he's preparing in the parking office, but she laughs it off. Angela doesn't realize this is no laughing matter - Thomas has been watching her closely...for months. His dinner invitation is not optional. If Angela wants to live to see Christmas morning, she must find a way to escape from level P2 of the parking garage.



CELEB NEWS

Box office analysts marveled at the weekend performance of ***Iron Man*** as the superhero movie starring **Robert Downey Jr.** hauled in $102 million dollars. The film earned nearly that amount, $96.7 million, in its overseas debut as well to bring its worldwide total to $201 million, including late-night screenings. Nevertheless, the combined amount did not equal what ***Spider-Man 3*** earned on its own a year ago, when it debuted over the comparable weekend with $151.1 million domestically. No one, however, expressed disappointment. Noting that ***Iron Man*** did better than expected, Paramount, its distributor, had predicted it would make about $60 million; most analysts had forecast about $70 million.

The success of ***Iron Man*** represented a noteworthy vindication of Marvel Studios' decision to go it alone, to finance the production of movies based on its stable of superheroes and sell distribution rights to studios, in this case Paramount. In an interview with Reuters, Marvel Studios Chairman David Maisel said, "It's the perfect way to start the new studio, to blast it off." Box office observers noted pointedly that Paramount has never produced a live-action film on its own that performed as well on an opening weekend. The film's success might also have relieved some of the concerns that studio executives may have harbored over a backlog of expensive blockbusters coming out during a nationwide recession this summer. "What I think this says about the marketplace is that if we make really entertaining movies, people will show up for them," Paramount marketing chief Rob Moore told the New York Times. «»

Although many viewers might conclude that CBS's comedy ***Two and a Half Men*** and its drama ***CSI: Crime Scene*** Investigation have little, if anything in common, the writers of each show have teamed up to create two cross-over episodes in which the characters of one appear on the other. The first episode is on ***Two and a Half Men*** in which a body was found lying on **Charlie Sheen**'s bed. The CSI investigators arrive on the scene and on CSI's episode (titled '***Two and a Half Deaths***') the crime is solved. «»

Teen comedy ***Superbad*** is leading the nominations for the 2008 MTV Movie Awards after picking up five nods, including Best Movie. The high-school comedy, directed by Greg Mottola, also scooped nominations for the film's stars **Jonah Hill** and **Michael Cera**, who will compete in the Breakthrough Performance category along with their co-star **Christopher Mintz-Plasse**. Hill is also up for Best Comedic Performance. But ***Superbad*** will be going up against Oscar-winning Juno, which Cera also stars in, for the Best Movie prize, while the actor is also recognized for his efforts in the teen pregnancy film with a nomination for Best Male Performance. Meanwhile, the big-screen adaptation of ***Transformers*** is nominated for three awards: Best Movie, Best Male Performance for **Shia Labeouf** and Breakthrough Performance for **Megan Fox**. And ***Enchanted*** star **Amy Adams** also received a trio of nods for the Disney film, Best Female Performance, Best Comedic Performance and Best Kiss for her smooch with **Patrick Dempsey**. The winners for the 17th Annual MTV Movie Awards will be unveiled on June 1 at the Gibson Amphitheater in Universal City, California. «» ***Batman*** fans have cleaned out New York toy stores' entire supply of **Heath Ledger**'s Joker action figure, within minutes of them going on sale. Devotees of the comic book series lined up early to clear shelves of the $9.99 toy, which shows Ledger in his final completed role before his premature death in January from an accidental drug overdose, aged just 29. An employee of Times Square's Toys R Us store says, "There are none left in the warehouse. You will be waiting a while if you want one." Some fans are believed to be buying up stock, convinced the figure is a collector's item, others are selling them on auction site eBay for up to $55 each. Ledger will be seen as The Joker alongside Christian Bale's Batman in The Dark Knight, which hits movie theatres worldwide from July. «»

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
8 MAY-14 MAY

88 Minutes
Al Pacino, Amy Brenneman
Fool's Gold
Mathew McConaughey, Kate Hudson
27 Dresses
Katherine Heigl, James Marsden
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Miss Petigrew Lives for a Day
Frances McDormand, Amy Adams
Rec
Javier Bolet, Manuel Bronchud
Horton Hears a Who
Animation PV
Vantage Point
Dennis Quaid, Forest Whitaker
Semi-Pro
Will Ferrel, Woody Harrelson
The Bank Job
Jason Stratham, Saffron Burrows
The Bucket List
Jack Nicholson, Morgan Freeman
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Steve Carell, Juliette Binoche
Meet the Spartans
Carmen Electra, Kevin Sorbo
21
Jim Sturgess, Kevin Spacey
P2
Rachel Nichols, Wes Bentley
Donkey Xote
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Iron Man
Robert Downey Jr., Terrence Howard
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
The Eye
Jessica Alba, Alessandro Nivola
Youth Without Youth
Tim Roth, Alexandra Maria Lara
My Blueberry Nights
Norah Jones, Jude Law

LUSOMUNDO FORUM AVEIRO
TEL: 707 246362
8 MAY-14 MAY

Horton Hears a Who
Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
One Night with the King
Tiffany Dupont, Luke Gross
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
27 Dresses
Katherine Heigl, James Marsden
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
Rec
Javier Bolet, Manuel Bronchud
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO GLICÍNIAS
TEL: 707 246362
8 MAY-14 MAY

The Eye
Jessica Alba, Alessandro Nivola
Semi-Pro
Will Ferrel, Woody Harrelson
Diary of the Dead
Shawn Roberts, Megan Park
Meet the Spartans
Carmen Electra, Kevin Sorbo
Iron Man
Robert Downey Jr., Terrence Howard
Dan in Real Life
Steve Carell, Juliette Binoche
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Fool's Gold
Mathew McConaughey, Kate Hudson

OV = Original Version
PV = Portuguese Version

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
8 MAY-14 MAY

Iron Man
Robert Downey Jr., Terrence Howard
My Blueberry Nights
Norah Jones, Jude Law
The Bucket List
Jack Nicholson, Morgan Freeman
Horton Hears a Who
Animation PV
27 Dresses
Katherine Heigl, James Marsden
Shine a Light
Documentary
Miss Petigrew Lives for a Day
Frances McDormand, Amy Adams
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
Youth Without Youth
Tim Roth, Alexandra Maria Lara
Vantage Point
Dennis Quaid, Forest Whitaker
We Own the Night
Joaquin Phoenix, Mark Wahlberg

LUSOMUNDO FORUM COIMBRA
TEL: 707 246362
8 MAY-14 MAY

The Mist
Thomas Jane, Nathan Gamble
The Eye
Jessica Alba, Alessandro Nivola
Fool's Gold
Mathew McConaughey, Kate Hudson
Dan in Real Life
Steve Carell, Juliette Binoche
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D - Documentary
Meet the Spartans
Carmen Electra, Kevin Sorbo
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

LUSOMUNDO FOZPLAZA
TEL: 707 246362
8 MAY-14 MAY

Happily N'Ever After
Animation
Semi-Pro
Will Ferrel, Woody Harrelson
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Vantage Point
Dennis Quaid, Forest Whitaker
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D - Documentary
Fool's Gold
Mathew McConaughey, Kate Hudson
The Eye
Jessica Alba, Alessandro Nivola

LUSOMUNDO FERRARA PLAZA
TEL: 707 246362
8 MAY-14 MAY

Awake
Hayden Christensen, Jessica Alba
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D - Documentary
Horton Hears a Who
Animation PV
Vantage Point
Dennis Quaid, Forest Whitaker
The Bucket List
Jack Nicholson, Morgan Freeman
Rec
Javier Bolet, Manuel Bronchud

LUSOMUNDO DOLCE VITA DOURO
TEL: 707 246362
8 MAY-14 MAY

What Happens in Vegas
Cameron Diaz, Ashton Kutcher
27 Dresses
Katherine Heigl, James Marsden
Mad Money
Diane Keaton, Queen Latifah
Rec
Javier Bolet, Manuel Bronchud
Fool's Gold
Mathew McConaughey, Kate Hudson
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D - Documentary
Vantage Point
Dennis Quaid, Forest Whitaker
Semi-Pro
Will Ferrel, Woody Harrelson
Diary of the Dead
Shawn Roberts, Megan Park

LUSOMUNDO FORUM VISEU
TEL: 707 246362
8 MAY-14 MAY

27 Dresses
Katherine Heigl, James Marsden
Donkey Xote - Animation PV
Rec
Javier Bolet, Manuel Bronchud
Iron Man
Robert Downey Jr., Terrence Howard
Fool's Gold
Mathew McConaughey, Kate Hudson
The Bucket List
Jack Nicholson, Morgan Freeman
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

LUSOMUNDO FORUM VIZELA
TEL: 707 246362
8 MAY-14 MAY

Iron Man
Robert Downey Jr., Terrence Howard
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Winx Club: The Secret of the Lost Kingdom - Animation
Semi-Pro
Will Ferrel, Woody Harrelson

LUSOMUNDO BRAGA PARQUE
TEL: 707 246362
8 MAY-14 MAY

Vantage Point
Dennis Quaid, Forest Whitaker
The Eye
Jessica Alba, Alessandro Nivola
88 Minutes
Al Pacino, Amy Brenneman
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Meet the Spartans
Carmen Electra, Kevin Sorbo
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D - Documentary
Dan in Real Life
Steve Carell, Juliette Binoche
Fool's Gold
Mathew McConaughey, Kate Hudson
The Bucket List
Jack Nicholson, Morgan Freeman
Rec
Javier Bolet, Manuel Bronchud
Donkey Xote - Animation PV
27 Dresses
Katherine Heigl, James Marsden

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
8 MAY-14 MAY

What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Horton Hears a Who
Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D - Documentary
21
Jim Sturgess, Kevin Spacey
Shine a Light - Documentary
My Blueberry Nights
Norah Jones, Jude Law
A Ilha dos Escravos
Diogo Infante, Vanessa Giacomo

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
8 MAY-14 MAY

Iron Man
Robert Downey Jr., Terrence Howard
Donkey Xote
Animation PV
Rec
Javier Bolet, Manuel Bronchud
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Vantage Point
Dennis Quaid, Forest Whitaker
Meet the Spartans
Carmen Electra, Kevin Sorbo

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
8 MAY-14 MAY

Cashback
Sean Biggerstaff, Emilia Fox
Fool's Gold
Mathew McConaughey, Kate Hudson
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
27 Dresses
Katherine Heigl, James Marsden
Donkey Xote
Animation PV
My Blueberry Nights
Norah Jones, Jude Law
P2
Rachel Nichols, Wes Bentley
Iron Man
Robert Downey Jr., Terrence Howard
U2 3D - Documentary

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
8 MAY-14 MAY

Donkey Xote
Animation PV
10,000 BC
Steven Strait, Camilla Belle
One Night with the King
Tiffany Dupont, Luke Gross
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
Fool's Gold
Mathew McConaughey, Kate Hudson
Rec
Javier Bolet, Manuel Bronchud
Vantage Point
Dennis Quaid, Forest Whitaker
Meet the Spartans
Carmen Electra, Kevin Sorbo
Dan in Real Life
Steve Carell, Juliette Binoche

LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
8 MAY-14 MAY

Meet the Spartans
Carmen Electra, Kevin Sorbo
Dan in Real Life
Steve Carell, Juliette Binoche
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
21
Jim Sturgess, Kevin Spacey
Iron Man (Digital)
Robert Downey Jr., Terrence Howard
U2 3D - Documentary
Fool's Gold
Mathew McConaughey, Kate Hudson
Donkey Xote - Animation PV
Rec
Javier Bolet, Manuel Bronchud
27 Dresses
Katherine Heigl, James Marsden
The Eye
Jessica Alba, Alessandro Nivola
Diary of the Dead
Shawn Roberts, Megan Park
My Blueberry Nights
Norah Jones, Jude Law
Semi-Pro
Will Ferrel, Woody Harrelson

North

PORTO

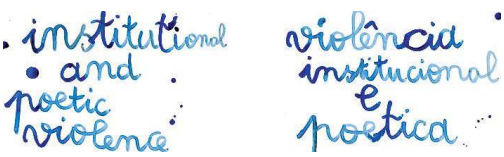
Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt

Until 13 July



Exhibition 'Violência Institucional e Poética' (Institutional and Poetic Violence) by Anne-Lise Coste, Tatjana Doll and Eric van Liesdhout at Museu de Serralves • The artists show with objectivity the relation between societies and institutionalization and subvertion of power • Serralves Museum • Tel: 226156500 / 543 / 584 • www.serralves.pt

GUIMARÃES

10 May

The Group 'Deolinda' present their new album at the Small Auditorium of Centro Cultural Vila Flor at 22h00 • Tickets: €10 (€7.5 w/discount) • Av. D. Afonso Henriques, 701 • 253424700 • www.aoficina.pt

Every Friday

Café-Concerto (Coffee-Concert) with Jazz and other music genres • Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

Centre

CASCAIS

Daily

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

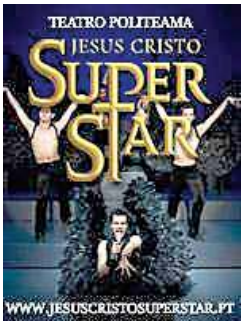
ESTORIL

Daily

Casino Estoril • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • Email: info.cestoril@estoril-sol.com • www.casino-estoril.pt

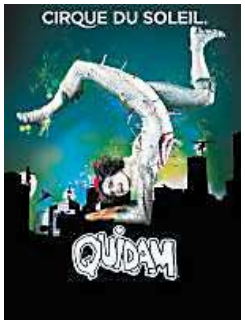
LISBOA

On Show



The Politeama Theatre presents 'Jesus Christ Superstar', the famous opera from Andrew Lloyd Webber and Tim Rice, on stage for 10 months have been seen by thousands of spectators who are unanimous in considering the show an unique and unmissable performance of this rock opera • Teatro Politeama is situated on Rua Portas de Stº Antão, nº 109 • Tickets from €15 to €35 • Tickets: Fnac shops, Abep and Alvalade Agencies • 213245500 • www.ticketline.pt • reservas@jesuscristosuperstar.pt

Daily



Cirque Du Soleil presents 'QUIDAM' • World famous acrobats in an amazing and impressive aerial performance, light effects and scenery • Tuesdays to Fridays at 21h30, Saturdays at 17h30 and 21h30 and Sundays at 16h30 and 20h30 (23 May also at 17h30 and Sunday 25 May at 13h00 and 17h00) • Grand Chapiteau (Algés) Maritime Promenade • www.ticketline.pt • 707234234

Daily

Oceanarium • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanarium • Park of Nations • Open from 10h00 to 18h00 • 218917002

Daily

National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • 10h00-17h30 (Closed Mon & holidays) • Afonso de Albuquerque Square • 213610850

Until 22 June

Exhibition 'Leonardo da Vinci – O Génio' (Leonardo da Vinci – The Genius) at *Picadeiro do Colégio dos Nobres*, of *Museus da Politécnica* (Polytechnic Museums). On show are dozens of models in real size, built from da Vinci's drawings, along with other pieces inspired on the life and work of the Italian painter, sculptor, scientist, architect, engineer and inventor, considered one of the greatest genius of humanity. In parallel with the show, there are pedagogical activities for the young ones. A cycle of conferences will take place in simultaneous, in the amphitheatre 2 of the Calouste Gulbenkian Foundation. The exhibition 'Leonardo da Vinci – the Genius' is sponsored by Millennium BCP and promoted by Grafinvest • Mon-Fri: 10h-18h; weekends & holidays: 10h-20h • Rua da Escola Politécnica, 60 • 210997841 / 210997843 / 210997847 • www.leonardodavinciogenio.com

SINTRA

Daily

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguei-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

South

ALMANCIL

14 & 17 May

Concert by Akiko Yamamoto (piano) at Centro Cultural São Lourenço • For more information, please call: 289395475

LAGOA

14 May

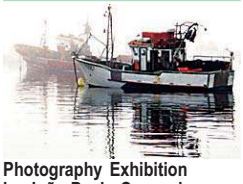
Dinner Dance at 19h30h with live music performed by António Moura, former Portuguese Rock Star at Vale D'El Rei Hotel • Price per person €25 incl. buffet • 282380120 • Caramujeira • info@valedelrei.net • www.valedelrei.com

Until 18 May

23rd Algarve Academic Week • More than 20 renown national and international bands and 20 Djs, will spread music and vibrate the Complexo Desportivo da Penha (Penha Sports Complex). Among the performers are the English band GROOVE ARMADA in DJ Set version, filling the night of 10th May with their music • Penha Sports Complex • www.saalgarve.com

LAGOS

Until 15 May



Photography Exhibition by João Paulo Carrondo • Lagos Armazém Regimental • Open from 10h00 to 19h00 everyday • For more information contact mobile: 966887767

Visit the archaeological site of ***S. Cucufate***, in **Vila de Frades** (**Vidigueira**) • **Summer Times** (1 May to 15 September): Tue 15h–18h; Wed to Sun 09h30–13h & 15h–18h • **Entrance:** €2 / €2,50 for children under 14. Free for all on Sundays and public holidays until 14h00 • Tels: 284441113 (S. Cucufate) 284441612 fax: 266769855 email: dre.ippar@ippar.pt http://www.ippar.pt/monumentos/sitio_cucufate.html

Music Hall Revue

A Scintillating Evening Of Song And Mirth

Museu de Sao Bras

Wednesday May 21st 2008

Bar open 7p.m. Curtain 7.30 p.m.

Tickets 10 Euros from Griffin Bookshop or phone 289 991079 or 966086181 to reserve and collect at door

In aid of the five horses condemned to slaughter but rescued and re-homed after the death of their owner , Custodio Sousa in a riding accident

theangelstheatreco@live.com

Concert '3 Pianos' by Pedro Burmester, Bernardo Sassetti and Mário Laginha

16th May at Pavilhão do Arade (Lagoa) at 21h30

Works from B. Bártok, S. Barber, J. S. Bach, A. Hovhaness, W. A. Mozart and M. Ravel.

Recital by Yang Liu (violin) and I-Hsuan Tsai (piano)

17th May at Teatro Municipal de S. Brás de Alportel at 21h30 18/05 in Silves at 21h30

Works from S. Prokofiev, C. Franck and M. Ravel.

St. Patrick's Society Bowls Day

The Society is once again holding its annual bowling day on Friday, 23 May, starting at 10h30 for coffee at the Stº António Bowls Club in Alvor. Suitable for both beginners and experienced bowlers, this is a fun day with a full day of bowling plus a superb lunch with drinks - all for the price of €25 (lunch only €15). Please contact Jennie Gannon at 282352022 of gannon@sapo.pt to book your place.

'EAST ALGARVE WALKS'

- Every Friday Morning -

For more information, call Brian on: 913 595 868

moonlightservices@yahoo.co.uk

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Great British Menu. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Racing from Ascot and Haydock Park. Live coverage of five races. (T) 2.35 Live Rugby League. St Helens v Warrington Wolves (Kick-off 3.00pm). (T)

5.15 BBC News; Regional News; Weather. (T)
5.30 Out-Take TV. Anne Robinson presents a selection of celebrity blunders, revealing some of Eamonn Holmes, Jeremy Clarkson and Brian Conley's most embarrassing moments. (R) (T)
6.00 The Kids Are All Right. Four English teachers from Brighton take on a group of seven super-smart children in a battle of wits to earn a cash prize. Hosted by John Barrowman. (T)
6.45 Doctor Who. The Time Lord crosses paths with an enigmatic young woman. (T)
7.30 I'd Do Anything. With half the girls having already bowed out of the competition, the remaining six Nancys take to the stage, hoping to win viewers' votes and get one step closer to landing the coveted role in the classic West End musical Oliver! Andrew Lloyd Webber will also reveal which of the boys will become the seventh Oliver to have a guaranteed place in the semi-final. Results are tomorrow at 7.35pm. (T)
8.30 The National Lottery: 1 vs 100. Ben Shephard hosts the quiz in which one contestant takes on 100 opponents in an attempt to win a big-money prize. Includes the Lotto, Dream Number and Thunderball draws. (T)
9.20 Casualty. Stacey and his son arrive in the ED with a broken ankle and a needle injury respectively, prompting Abs to confront his friend over his alcoholism once more. Meanwhile, Adam begins to regret ignoring Jessica. Starring recurring cast member Andy Newton-Lee alongside guests Julian Sims and Alexandra Gilbreath. (T)
10.10 Love Soup. Alice's relationship with Douglas now appears to be on an even keel, but as one aspect of her life resolves itself, another part begins to unravel when she discovers a side to her flatmate Fae that is less than endearing. Guest starring Mackenzie Crook, Helen Lederer and Charlie Brooks. (T)
10.40 BBC News; Weather; (T) National Lottery Update. (T)
11.00 FILM: Scary Movie 2 (2001). Horror spoof sequel, starring Anna Faris. (T)
12.15 FILM: Twin Warriors (1993). Martial arts thriller, starring Jet Li. Dubbed in English. (T) 1.45 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.50 BBC News. (T)

Pick of the Day

Love Soup (BBC1, 10.10pm)
The comedy series that casts a critical eye on the conventions of the dating game offers up another bumper helping of laughs in this cracking instalment. After an initially bumpy ride, Alice's relationship with comedy writer Douglas McVitie seems to be on an even keel at last, as the entertaining and provocative drama continues. Her house-hunting woes have been put on hold too, as she has a new base at the comfortable London apartment of actress Fae Madison. However, Alice finds there is another side to her new flatmate that is less than endearing. Beneath the coy, brittle surface lies an embittered ruthlessness that comes into play when Fae is reacquainted with Hollywood actress Kirsty Carroll, the woman who stole her last boyfriend. It appears that Kirsty has landed a key part in a new movie and Fae is green with envy. Having invited her old rival round for dinner, she proceeds to taunt her with tales of the mysterious Lola who may or may not be having an affair with Kirsty's partner, Roy. But is Lola really all she appears to be?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Supernormal. (T) 9.40 Emu. (R) (T) 9.55 My Parents Are Aliens. (R) (T) 10.25 Tricky Quickies. (R) (T) 10.30 Crocodile Hunter Diaries. (R) (T) 11.00 ITV News and Weather. (T) 11.05 London Today; Weather. (T) 11.10 F1: Turkish Grand Prix Qualifying. The battle for pole position at Istanbul Park. (T) 1.30 FILM: Mission to Mars (2000). Sci-fi adventure, starring Gary Sinise. (T) 3.30 FILM: Inspector Gadget (1999). Comedy, starring Matthew Broderick. (T)

5.00 London Tonight; Weather. (T)
5.15 ITV News and Weather. (T)
5.30 Kids Do the Funniest Things. In the second of two specials, Stephen Mulhern presents clips of a little girl who can limbo dance on roller-skates and a boy who's a whizz with numbers on Countdown. Plus, the schoolkids' panel answer more of life's more difficult questions, such as what does the tooth fairy do with all the teeth? (T)
6.30 You've Been Framed! Harry Hill narrates another batch of camcorder calamities, including unusual marriage proposals and clips involving crazy cats and daft dogs. Plus, viewers' mobile footage. (R) (T)
7.00 All Star Mr & Mrs. Game show in which celebrity couples reveal just how much - or how little - they know about each other. Coronation Street's Vicky Entwistle and her husband Andy, former Scottish international footballer Kenny Dalglish and his wife Marina, and TV presenter Dominic (Dick and Dom) Wood and his wife Sandi are quizzed about their relationships by Fern Britton and Phillip Schofield. (T)
8.00 Britain's Got Talent. The search for new talent continues as more hopefuls take their turn in the spotlight in front of a live studio audience and judges Simon Cowell, Amanda Holden and Piers Morgan. Hoping not to hear the dreaded sound of the panel's buzzers, the auditionees take their shot at winning the prize of #100,000 and a chance to perform at this year's Royal Variety Performance. Ant and Dec host. (T)
9.00 Pushing Daisies. Ned, Chuck, Emerson and Olive investigate the poisoning of a dog breeder. The victim claims to have been killed by his wife - the problem for the gang is that he was a polygamist and had four of them. Further investigation places suspicion on a businessman who was planning to market the man's new breed of dog. Anna Friel and Lee Pace star. (T)
10.00 ITV News and Weather; Weather. (T)
10.10 Big Fight Live. Junior Witter v Timothy Bradley. (T)
12.10 TV's Naughtiest Blunders. (R) (T) 1.10 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.05 FILM: Great Balls of Fire! (1989). Biopic of Jerry Lee Lewis, starring Dennis Quaid. (T) 3.55 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 WITCH. (T) 7.35 Trollz; (R) (T) Bernard. (R) (T) 8.00 The Sorcerer's Apprentice; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.35 Even Stevens. (R) (T) 9.00 Escape from Scorpion Island. (R) (T) 9.30 Escape from Scorpion Island; (R) (T) Diddy Dick & Dom. (R) (T) 10.00 Hedz. (R) (T) 10.30 The Slammer. (R) (T) 11.00 What's New Scooby-Doo? (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Falcon Beach. (T) 12.45 BBC Switch: Falcon Beach. (T) 1.30 BBC Switch: The Surgery. (T) 1.50 BBC Switch: Sound. (T) 2.20 The Sky at Night. (R) (T) 2.40 FILM: Buchanan Rides Alone (1958). Western, starring Randolph Scott. (T) 4.00 Monk. (T) 4.45 FILM: Young Winston (1972). Churchill biopic, starring Simon Ward. (T) 7.00 Dad's Army. The platoon try to raise money for the local Spitfire fund by having a bash at morris dancing, but a rival attraction undermines their popularity. (R) (T) 7.30 Secrets of the Forbidden City. Docu-drama charting the creation of China's Forbidden City. (T) 9.00 Have I Got a Bit More News for You. Special extended version, with guest host Bill Bailey. (T) 9.40 The Comedy Map of Britain. Chris Moyles, Mark Thomas and Jon Culshaw return to their roots. (T) 10.40 The Apprentice. (R) (T) 11.40 The Apprentice: You're Fired! (R) (T) 12.15 FILM: The Lightship (1985). Thriller, starring Robert Duvall. (T) 1.40 Mad Men. (R) (T) 2.25 Monk. (R) (T) 3.10 FILM: La Nouvelle Eve (1999). Premiere. Quirky French drama, starring Karin Viard. 4.40 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: What Happens in Vegas: T4 Movie Special. (T) 9.25 T4: Speed Racer: T4 Movie Special. (T) 9.55 T4: The Green Room. (R) (T) 10.30 T4: Shipwrecked 2008: Battle of the Islands. (R) (T) 11.30 T4: Shipwrecked 2008: The Third Island. (R) (T) 12.00 T4: Friends. (R) (T) 12.30 T4: Shipwrecked 2008: The Hutcam Diaries. (T) 1.00 T4: Pussycat Dolls Present: Girlicious. (T) 2.00 Channel 4 Racing from Lingfield Park, Nottingham and Haydock Park. Including the 3.10 totesport.com Derby Trial Stakes (1m 3 1/2f). (T) 4.15 The TV Show. (T) 4.45 Deal or No Deal. (T) 5.35 Come Dine with Me. (R) (T) 6.35 Channel 4 News. (T) 7.00 Grand Designs. An unusual build in the Lot region of France. (R) (T) 8.00 ER. Pratt decides to fight for his relationship and Neela discovers a young couple she is treating are hiding a dark secret. Mekhi Phifer and Parminder Nagra star. (T) 9.00 FILM: East Is East (1999). Enjoyable comedy drama set in Seventies Salford about a Pakistani fish and chip shop owner struggling to raise seven children. Starring Om Puri, Linda Bassett and Jimi Mistry. (T) 10.50 FILM: The Hole (2001). Thriller, starring Thora Birch. (T) 12.40 4Music: Ibiza Rocks. (R) (T) 1.10 FILM: The Texas Chain Saw Massacre (1974). Notorious horror, starring Marilyn Burns. (T) 2.40 FILM: The Dancer (2000). Drama, starring Mia Frye. 4.20 St Elsewhere. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (R) (T) 7.15 Little Princess. (R) (T) 7.35 The Beeps. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.05 The Milkshake! Show. (T) 8.40 Hana's Helpline. (R) (T) 8.55 The Mr Men Show. (R) (T) 9.10 Gerald McBoing Boing. (T) 9.35 Look! (R) (T) 9.40 Mist: Sheepdog Tales. (T) 10.00 Football Italiano Highlights. (T) 10.30 Animal Rescue Squad. (T) 10.50 Neighbours. (T) 12.55 FILM: Time at the Top (1999). Time-travel fantasy, starring Elisha Cuthbert. 2.55 FILM: Man of the House (1995). Disney comedy, starring Chevy Chase. (T) 4.45 FILM: Renaissance Man (1994). Comedy, starring Danny DeVito. (T) 6.55 five news and sport. (T) 7.10 NCIS. A child claims his father has been kidnapped. (R) (T) 8.05 NCIS. The bodies of two assassins are delivered to NCIS from overseas - so Tony and Ziva assume their identities and keep a rendezvous at a luxury hotel in a bid to identify their target. (R) (T) 9.00 CSI: NY. A guidance counsellor is found murdered. (T) 10.00 Law & Order. A cross-dresser is suspected of killing and dismembering a grumpy former boxer - but the team are unable to find vital body parts, hampering their chances of securing a conviction. (T) 11.00 True CSI. The murder of Betty Jeanne Solomon. (T) 12.00 Quiz Call. 4.45 Out of Practice. (R) (T) 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Fim-de-Semana 1100 Miss Cast Away, film 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1615 Sexta a Noite 1915 O Preço Certo 2000 News 2115 Operação Triunfo 0115 The Truth About Food, film 0415 Telesales
RTP2
0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 00900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1230 Chocolate, film 1300 Kabomm 1330 Bombordo 1400 Afreganistão – O Tráfico de Heroína 1500 Sport 2 1900 Entre Pratos 1930 Kaboom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2315 Um Longo Domingo de Noivado, film 0245 Sport 0615 Euronews
SIC
0700 Sic Kids 0845 Disney Kids 1030 CHiquititas 1200 Nosso Mundo 1300 News 1515 Futsal: Belenenses V Benfica 1715 Film TBA 2000 News 2130 Camacho Costa: 5 Anos de Saude 2300 Desejo Proibido 0000 Resistirei 0330 Quando o Telefone Toca 0415 Aliens, film
TVI
0700 Childen TV 1030 O Bando dos 4 1200 DeLuxe 1400 Billy Madison, film 1600 Envy, film 1800 Serenity, film 1900 News 0015 The Scorpion King, film 0015 The Great Raid, film 0500 The Office 0530 Telesales

Best of the Rest

BBC3
7.00 Radio 1's Big Weekend 7.30 Doctor Who Confidential 8.15 Top Gear 9.15 Madonna at Radio 1's Big Weekend 10.05 Two Pints of Lager and a Packet of Crisps 10.35 Two Pints of Lager and a Packet of Crisps 11.05 Scallywagga 11.35 American Dad! 11.55 American Dad! 12.15 Radio 1's Big Weekend 1.15 Two Pints of Lager and a Packet of Crisps 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Glamour Girls 2.45 Should I Smoke Dope? 3.40 Scallywagga 4.10 Glamour Girls 4.40 Close
BBC4
7.00 In Search of Medieval Britain 7.30 The Book Quiz 8.00 A Perfect Spy 9.00 A Perfect Spy 9.55 A Perfect Spy 10.55 Christina: A Medieval Life 11.55 How to Build a Cathedral 12.55 In Search of Medieval Britain 1.25 The Book Quiz 1.55 Christina: A Medieval Life 2.55 How to Build a Cathedral 3.55 Close
ITV2
2.45 Beat the Star 4.00 Britain's Got More Talent 5.00 Pushing Daisies 6.00 Gossip Girl 7.00 Film: Twister PG (1996) 9.00 Thank God You're Here 10.00 Britain's Got More Talent 11.00 Film: Shaun of the Dead 15 (2004) 1.00 Britain's Got Talent 2.00 Film: Intolerable Cruelty 12 (2003) 3.40 Emmerdale
Sky One
1.00 Are You Smarter Than a 10 Year Old? 2.00 Project Runway 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00 Gladiators Ready! The Gladiators Story 7.00 Futurama 7.30 Futurama 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Road Wars 11.00 Law & Order 12.00 Road Wars 1.00 Film: The Hive 18 (2007) 2.30 Road Wars 3.25 Road Wars 4.15 Deadwood 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Last of the Summer Wine 3.00 Last of the Summer Wine 3.40 Last of the Summer Wine 4.20 Last of the Summer Wine 5.00 dinnerladies 5.40 Open All Hours 6.20 The Thin Blue Line 7.00 My Family 7.40 dinnerladies 8.20 The Two Ronnies 9.00 Film: Shanghai Knights 12 (2003) 11.10 The Catherine Tate Show 11.50 The Royle Family 12.30 Men Behaving Badly 1.10 Fantasy Island 2.15 The Royle Family 2.45 Taggart 4.30 2point4 Children 5.05 Dallas
TCM
1.00 Mrs Soffel PG (1984) 3.00 Some Came Running PG (1959) 5.25 7 Women PG (1966) 7.00 Lady L U (1965) 9.00 Poltergeist 15 (1982) 11.05 The Exorcist 18 (1973) 1.20 Seven Faces of Dr Lao PG (1964) 3.05 Betrayed U (1954) 5.00 The Rack PG (1956)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Halloweentown U (1998) Spooky adventure. Debbie Reynolds stars.

MOVIES

Sky Movies Drama

7.05 Diggity's Treasure PG (2001) 8.45 Marilyn and Me PG (1991) 10.25 How to Make an American Quilt 12 (1995) 12.25 The Starter Wife 2.05 Columbo: The Murder of a Rock Star PG (1991) With Peter Falk. 3.50 The Oxford Murders Close Up 4.20 Sixty Six 12 (2006) With Gregg Sulkin. 6.10 Something New PG (2006) With Sanaa Lathan. 8.00 Rob Roy 15 (1995) With Liam Neeson. 10.25 Midnight Express 18 (1978) With Brad Davis. 12.30 Hard Men 18 (1996) With Vincent Regan. 2.10 This Boy's Life 15 (1993) With Leonardo DiCaprio. 4.15 Diggity's Treasure PG (2001)

Sky Movies Comedy

6.15 Underfunded 12 (2006) 7.45 Carolina PG (2003) 9.30 The Shaggy Dog U (2006) 11.15 Big Momma's House 2 PG (2006) With Martin Lawrence. 1.00 Little Man 12 (2006) With Marlon Wayans. 2.45 The Top 10 Show 3.00 Big Nothing 15 (2006) With Simon Pegg. 4.30 The Shaggy Dog U (2006) With Tim Allen. 6.15 Big Momma's House 2 PG (2006) With Martin Lawrence. 8.00 Epic Movie 12 (2007) With Kal Penn. 9.40 Little Man 12 (2006) With Marlon Wayans. 11.25 Big Nothing 15 (2006) With Simon Pegg. 1.00 Epic Movie 12 (2007) With Kal Penn. 2.40 Underfunded 12 (2006) With Mather Zickel. 4.15 Carolina PG (2003)

Sky Movies Action

6.40 The Hunter 15 (1980) 8.30 Waist Deep 15 (2006) 10.20 Mission: Impossible III 12 (2006) 12.40 Action & Thriller Close Up 1.10 The Escapist 15 (2001) With Jonny Lee Miller. 2.55 The Hunter 15 (1980) With Steve McQueen. 4.45 Bullitt 15 (1968) With Steve McQueen. 6.50 Mission: Impossible III 12 (2006) With Tom Cruise. 9.00 Blood Diamond 15 (2006) With Leonardo DiCaprio. 11.25 Underworld: Evolution 18 (2006) With Kate Beckinsale. 1.15 Tango & Cash 18 (1989) With Sylvester Stallone. 3.05 The Crow 18 (1994) 4.45 Angel Flight Down PG (1996)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Premier League Preview 6.30 Football League 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football League. A Championship play-off semi-final first leg. 2.30 Live FA Trophy Final. Ebbsfleet United v Torquay United (Kick-off 2.30pm). 5.00 Live Football League. A League Two play-off semi-final first-leg encounter. 8.00 FA Trophy Final 9.00 Live Spanish Football. A La Liga match. 11.00 FA Trophy Final 12.00 Live NASCAR. The Dodge Challenger 500. 4.00 Football League 5.30 Champions League Weekly

Sky Sports 2

6.00 NFL: America's Game 7.00 Tight Lines 8.00 World Sport 8.30 Live Rugby Union. The Highlanders v The Blues (Kick-off 8.35am). 10.30 Live Rugby Union. The Reds v The Crusaders (Kick-off 10.40am). 12.30 Friday Fight Night 2.30 Live Rugby Union. The final weekend of the Premiership season. 5.30 World Sport 6.00 Live Speedway. The European Grand Prix. 9.00 Golf Night 11.00 NFL: Total Access 12.00 Football League 1.30 Spanish Football 3.00 FA Trophy Final 4.00 Golf Night

Sky Sports 3

6.00 Sports Unlimited 7.00 Max Power 8.00 Friday Fight Night 10.00 WWE: Smackdown 12.00 Live European Tour Golf. The Italian Open. 4.00 NFL: America's Game 5.00 Sports Adventure 5.30 Wild Spirits 6.00 Live Rugby Union. The Stormers v The Waratahs (Kick-off 6.10pm). 8.00 Sports Adventure 8.30 Wild Spirits 9.00 Live Cage Rage. Ian Freeman v Paul Cahoon. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 Cage Rage 4.00 Sports Adventure 4.30 Max Power 5.30 Wild Spirits

British Eurosport

7.30 Road to Euro 2008 7.45 Canoeing 9.00 Live Canoeing. The European Slalom Championships. 12.00 Live WTA Tennis. The German Open semi-finals. 3.30 Live Cycling. Stage one of the Giro d'Italia. 5.15 Cycling 5.45 Live Rallying. The second day of the Intercontinental Rally Challenge from Portugal. 6.00 Live UEFA Under-17s Championship. Spain v Republic of Ireland (Kick-off 6.00pm). 7.45 UEFA Under-17s Championship 9.15 World Superbikes 10.00 Rallying 10.30 Cycling 11.15 French Rugby 12.15 World Superbikes 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Golf Night 9.00 NFL: America's Game 10.00 Max Power 11.00 World Sport 11.30 Racing News 12.00 NFL: Total Access 1.00 Live Masters Tennis. The Rome Masters semi-finals. 5.00 IAAF Athletix Weekly 5.30 Motor Racing 6.00 WWE: Smackdown 8.00 WWE: Bottom Line 9.00 Rugby Union 10.30 Sports Adventure 11.00 Speedway 2.00 Rugby Union 3.30 Rugby Union 5.30 Sports Adventure

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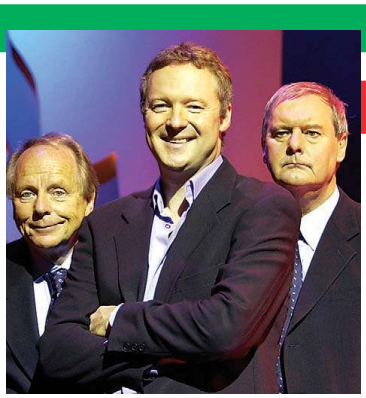
BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 Pentecost 2008: In the Light of Spirit. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.30 EastEnders. (T) 3.25 A Heroes Welcome: The Windsor Castle Royal Tattoo. (T) 4.25 Final Score. (T)

5.20 Points of View. Jeremy Vine champions viewers' opinions on BBC programmes. (T)
5.35 Songs of Praise. Diane Louise Jordan tells the story of George Jeffreys, founder of the Elim Pentecostal Church, in celebration of Pentecost Sunday. Hymns include O God of Burning Cleansing Flame. (T)
6.10 BBC News; Regional News; Weather. (T)
6.35 Seaside Rescue. Two men seek aid from the lifeboat and helicopter rescue services. (T)
7.05 My Family. Ben compounds a past misdemeanour of running over a neighbour's dog some years ago, doing the same to its owner, Mr Casey, who plays the sympathy card for all its worth - which turns out to be a lot. Comedy, starring Robert Lindsay and Nickolas Grace. (R) (T)
7.35 I'd Do Anything. One of the six hopefuls vying for the part of Nancy is asked to leave as the remaining girls discover who will be progressing through to the next round of the competition. Graham Norton presents. (T)
8.05 FILM: Indiana Jones and the Temple of Doom (1984). Intrepid archaeologist Harrison Ford battles to retrieve sacred stones from a murderous cult in Steven Spielberg's adventure, also starring Kate Capshaw and Ke Huy Quan. (T)
10.00 BBC News; Weather. (T)
10.20 Match of the Day. Gary Lineker introduces highlights from the final day of the Premier League season, including Chelsea v Bolton Wanderers at Stamford Bridge and Wigan Athletic v Manchester United at the JJB Stadium. Both the Blues and the Trotters may well need maximum points from their showdown at the Bridge, while the Red Devils will hope to conclude their season with victory over the Latics. Birmingham City face a tough ask as they welcome Blackburn Rovers to St Andrews and Derby County sign off their miserable stay in the top flight against Reading at Pride Park. (T)
11.50 FILM: Texas Rangers (2001). Western, starring James Van Der Beek; (T) Weatherview. (T)

1.15 Sign Zone: Watchdog. (R) (T) 1.45 Sign Zone: Holby City. (R) (T) 2.45 Sign Zone: Age of Terror. (R) (T) 3.45 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 4.15 Sign Zone: Animal 24:7. (R) (T) 5.00 BBC News. (T)



Pick of the Day

Bremner, Bird and Fortune (C4, 7.05pm)
Being a political commentator means you've always got to find something to say no matter how dull the week's news. Thankfully, for the trio of funnymen at the heart of this long-running comedy, there's no shortage of hot topics to probe at the moment. Mr Bremner must be hugging himself with glee at the problems faced by Prime Minister Gordon Brown, whether its fuel duty, the 10p tax problem or bank lending worries. Those issues may be keeping our leader up at night, but for impressionist Rory, plus veteran satirists The Two Johns, it's all grist to the mill. But it's not just governmental problems on this side of the pond that occupy the chaps' thoughts. The US presidential race is sure to provide more witticisms, aimed at the leading candidates (though Hillary and Barack will probably get the lion's share). Back in Blighty, the trio are also sure to poke fun at the nation's sporting prowess, so if you're one of the footie fans sobbing into their scarves at England's absence from Euro 2008, maybe it's as well not to tune in. For the rest of us, settle back and enjoy as Messrs Bremner, Bird and Fortune vent their comedic spleens.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 Coronation Street. (T) 12.00 ITV News and Weather. (T) 12.05 London Today; Weather. (T) 12.10 F1: Turkish Grand Prix Live. The fifth round of the season at Istanbul Park (Start-time 1.00pm). (T) 3.00 FILM: The Jewel of the Nile (1985). Action comedy sequel, starring Michael Douglas. (T) 4.50 The Unforgettable Sid James. (R) (T)

5.20 Private Lives. New series. Celebrities who divide their time between London and East Anglia. (T)
5.50 London Tonight; Weather. (T)
6.05 ITV News and Weather. (T)
6.20 All New You've Been Framed! Harry Hill narrates the final selection of camcorder calamities for the current series. Highlights include teenagers behaving badly, a dog that eats gas bills and a dive-bombing baptism. (T)
6.50 Beat the Star. With former rugby winger Martin Offiah. (T)
8.05 Midsomer Murders. Barnaby's former CID colleague Jack Colby left the force under a cloud following a sex scandal involving villagers and officers at Causton police station. Now retrained as a probation officer, Jack is working at a halfway house for reformed criminals, so when he is bludgeoned to death the detective sets out to discover why the past would not leave him alone. With Chris Barrie, Edward Petherbridge, Sue Jenkins, Nigel Harrison and Christopher Fairbank. (T)
10.05 Headcases. Cutting-edge satirical sketches featuring animated images of celebrities, politicians and people in the public eye. Rory Bremner, Jon Culshaw and Katy Brand are among the impressionists voicing the characters. (T)
10.35 ITV News and Weather; Weather. (T)
10.50 The Damned United: The South Bank Show. Melvyn Bragg examines the football novel by David Peace, which follows charismatic manager Brian Clough as he takes over from Don Revie as manager of Leeds United at Elland Road. Plus, a look at the art of sports writing in the UK, asking why it's so unusual to write seriously about football. Contributions from Michael Parkinson, Eamon Dunphy, Alex Clark and Alan Plater. (T)
11.50 F1: Turkish Grand Prix Highlights. Steve Rider introduces action from the fifth round of the season at Istanbul Park, where Ferrari drivers Felipe Massa and Kimi Raikkonen claimed a one-two last year. (T)

12.50 Cathedral; (R) (T) ITV News Headlines. 1.50 Dial a Mum. (R) (T) 2.20 Under One Roof. (R) (T) 2.50 Under One Roof. (R) (T) 3.15 People's Court. (R) (T) 4.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 Watch My Chops. (R) (T) 7.35 The Batman; (R) (T) Bernard. (R) (T) 8.00 Trapped. (R) (T) 8.30 Raven: The Secret Temple. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park: Wild on the West Coast. (R) (T) 12.30 Rugby Union. (T) 1.00 Live Rugby League. Hull Kingston Rovers v Huddersfield Giants (Kick-off 1.15pm). (T) 3.00 Rowing. (T) 4.00 Paralympic World Cup. (T) 5.50 Snow Geese in a Mexican Desert. (R) (T) 6.00 BBC Young Musician of the Year. (T) 8.05 Wild China. New series investigating the country's rarely documented range of wildlife. This first episode examines symbiotic relationships between human and animal in Southern China. (T) 9.05 Coast. Nicholas Crane visits Berwick-upon-Tweed and finds out about its violent past, while Mark Horton journeys to Bamburgh Castle, and Miranda Krestovnikoff meets a grey seal colony. (R) (T) 10.05 Russia: A Journey with Jonathan Dimbleby. (T) 11.05 Graham Norton Uncut. (T) 11.50 A Game of Two Eras: 1957 v 2007. (T) 12.50 Heroes. Suresh finds an unknown Isaac Mendez painting. (R) (T) 1.30 FILM: Federal Hill (1994). Crime drama starring Nicholas Turturro. (T) (bw) 3.05 Inside Sport. (R) (T) 3.45 BBC News. (T) 5.00 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 British Superbike Championship. (R) 8.25 The Shooting Party. (T) 8.55 T4: Shipwrecked 2008: The Hutcam Diaries. (R) (T) 9.30 T4: Hollyoaks. (T) 12.00 T4: Shipwrecked 2008: Battle of the Islands. (T) 1.10 T4: Shipwrecked 2008: The Third Island. (T) 1.40 T4: The Green Room. (T) 2.15 T4: Friends. (R) (T) 2.45 T4: Smallville. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Time Team. (R) (T) 5.45 Scrapheap Challenge. (T) 6.45 Channel 4 News. (T) 7.05 Bremner, Bird and Fortune. The trio present political satire on current events. (T) 8.05 Bear Grylls: Born Survivor. Part two of two. The former soldier tackles the jungles of Panama, using a bow and arrow together with skills learnt from the indigenous Emberra people to forage for food. (T) 9.05 FILM: Hero (2002). Premiere. Dazzling martial arts adventure, following the amazing exploits of a warrior who slays three assassins sent by a warlord. Jet Li and Tony Leung Chiu Wai star. (T) 10.55 FILM: Sudden Death (1995). Action thriller, starring Jean-Claude Van Damme. (T) 1.00 4Music: Ibiza Rocks. (R) (T) 1.30 4Music: 4Play: Justice. (R) (T) 1.45 FILM: The Invisible Circus (2001). Drama, starring Cameron Diaz. (T) 3.25 Swimming. (R) (T) 3.40 The Diets That Time Forgot. (R) (T) 4.40 St Elsewhere. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (R) (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Little Princess. (R) (T) 7.20 The Beeps. (R) (T) 7.35 Sailor Sid. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.00 The Milkshake! Show. (T) 8.30 Hana's Helpline. (R) (T) 8.45 The Mr Men Show. (R) (T) 9.00 Gerald McBoing Boing. (T) 9.25 Mist: Sheepdog Tales. (T) 9.40 Demolition Dad. (R) (T) 10.00 Megastructures. (R) (T) 10.50 The Gadget Show. (R) (T) 11.50 FILM: Reasons of the Heart (1996). Drama, with Terry Farrell. (T) 1.45 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.10 FILM: Hanging Up (2000). Comedy, starring Meg Ryan. (T) 6.00 five news and sport. (T) 6.15 FILM: Free Willy 2: The Adventure Home (1995). Jesse and his younger half-brother help friendly whale Willy, whose pod is endangered by an oil spill from a crashed tanker. Adventure sequel, starring Jason James Richter. 8.05 Extraordinary People: Hope for Hayley. Update on Hayley Okines, who has appeared in two previous documentaries and has progeria, a condition that ages its sufferers eight years for every year of their life; (R) (T) 8.05 five news at 9. 9.05 FILM: Legally Blonde (2001). A dizzy teenager resolves to prove her ex-boyfriend wrong when he claims she's not intelligent enough to be his girlfriend. Endearing comedy, starring Reese Witherspoon. (T) 11.00 FILM: Gossip (2000). Thriller, starring James Marsden. (T) 12.40 Triathlon. 1.05 Live Major League Baseball. A game from North America. 4.20 Grand American Racing. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucarista Dominical 1000 Eucarista Dominical 1100 Equipados Para Matar 1200 AB Ciência 1230 Mr Bean 1300 News 1400 The Patriot, film 1730 Coyote Ugly, film 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0045 Les Amants Réguliers, film 0400 Telesales 0605 Nós

RTP2
0700 Euronews 0800 Músicas de Áfirca 0900 Caminhos 0930 70x7 1000 Nós 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da India 2200 News 2240 Camara Clara 2350 Britcom 0050 Onda Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

SIC
0700 Floribella 0930 Os Bandidos 1000 Trazan II: The Legend 1230 Oitavo Dia 1300 News 1400 Fame 1500 Film TBA 2000 News 2130 Camilo em Sarilhos 2215 Duas Caras 2345 Aqui Não Há Quem Viva 0045 Shark, film 0145 Amazónia 0230 Quando o Telefone Toca 0415 O Jogo

TVI
0645 Children's TV 0900 Morangos Com Açucar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1515 Film TBA 1700 Film TBA 12000 News 2130 Morangos Com Açucar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 Zeus and Roxanne 0500 Telesales

Best of the Rest

BBC3
7.00 Radio 1's Big Weekend 8.00 Doctor Who 8.45 Doctor Who Confidential 9.30 Little Britain 10.00 Family Guy 10.25 Family Guy 10.45 Scallywagga 11.15 Radio 1's Big Weekend 12.45 Sound 1.15 Scallywagga 1.45 Child Stars 2.40 Spendaholics 3.40 Doctor Who Confidential 4.25 Close

BBC4
7.00 Inside the Medieval Mind 8.00 Terry Jones' Medieval Lives 8.30 Terry Jones' Medieval Lives 9.00 Christina: A Medieval Life 10.00 Mad Men 10.45 Fever: The Music of Peggy Lee 11.45 Kings of Cool: The Classic Crooners 12.25 The World of Nat King Cole 1.55 Inside the Medieval Mind 2.55 Christina: A Medieval Life 3.55 Close

ITV2
3.20 Coronation Street 6.05 American Idol 7.05 American Idol 8.05 Britain's Got Talent 9.05 Britain's Got More Talent 10.05 Film: Shaun of the Dead 15 (2004) 12.05 Film: Intolerable Cruelty 12 (2003) 2.00 Good Girls: Gone Bad 2.25 Teleshopping 5.25 ITV2 Nightscreen

Sky One
1.00 A-Z of Gladiators 2.30 The Simpsons 3.00 The Simpsons 3.30 The Simpsons 4.00 The Simpsons 4.30 The Simpsons 5.00 The Simpsons 5.30 The Simpsons 6.00 Gladiators 7.00 Don't Forget the Lyrics 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 10.00 Gladiators 11.00 Night Cops 12.00 Road Wars 1.00 Road Wars 1.50 The Dresden Files 2.40 Cold Case 3.30 Cold Case 4.20 Deadwood 5.10 Guilty!

UKTV Gold
1.00 Only Fools and Horses 1.40 Only Fools and Horses 2.20 Only Fools and Horses 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 Only Fools and Horses 5.00 Dancing with the Stars 6.20 Dancing with the Stars 7.15 Only Fools and Horses 8.20 Only Fools and Horses 9.00 The Royle Family: The Queen of Sheba 10.15 Little Britain 10.55 The Catherine Tate Show 11.35 Little Britain 12.15 The Catherine Tate Show 12.55 The Two Ronnies Sketchbook 1.35 The Two Ronnies Sketchbook 2.05 The Two Ronnies Sketchbook 2.35 Charlie's Angels 3.20 Charlie's Angels 4.15 Fantasy Island 5.05 2point4 Children 5.35 Neighbours

TCM
1.00 Today We Live U (1933) 3.00 Take Me Out to the Ball Game U (1949) 4.45 The Angry Hills PG (1959) 6.40 The Champ PG (1979) 9.00 Sophie's Choice 15 (1982) 11.50 Reckless 18 (1984) 1.30 The Subterraneans 15 (1960) 3.25 Eye of the Devil 15 (1967) 5.00 Stand Up and Fight PG (1939)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Nancy Drew U (2002) Drama, starring Maggie Lawson.

MOVIES

Sky Movies Drama

6.00 The End of Eden PG (1996) 7.40 Nurses on the Line: The Crash of Flight 7 PG (1993) 9.20 Confessions of an Ugly Stepsister U (2001) 11.00 Little Man Tate PG (1991) With Jodie Foster. 12.50 The Starter Wife 2.25 The Thing About My Folks 12 (2005) With Paul Reiser. 4.05 Kes U (1969) With David Bradley. 6.00 Wilde 15 (1996) With Stephen Fry. 8.00 Harry Potter and the Goblet of Fire 12 (2005) With Daniel Radcliffe. 10.40 Sister Act PG (1992) With Whoopi Goldberg. 12.25 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 2.40 This Year's Love 18 (1999) With Kathy Burke. 4.40 The End of Eden PG (1996)

Sky Movies Comedy

6.00 On the Nose 15 (2000) 7.50 35MM 8.20 House Arrest PG (1995) 10.20 Stop! Or My Mom Will Shoot PG (1992) 11.50 Father of the Bride PG (1991) With Steve Martin. 1.40 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 3.10 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 4.40 Stop! Or My Mom Will Shoot PG (1992) With Sylvester Stallone. 6.10 Father of the Bride PG (1991) With Steve Martin. 8.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 9.30 Magicians 15 (2007) With Robert Webb. 11.05 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 12.35 Bull Durham 15 (1988) With Kevin Costner. 2.30 Magicians 15 (2007) With Robert Webb. 4.05 House Arrest PG (1995)

Sky Movies Action

6.25 Warriors of Virtue PG (1997) 8.20 Death Wish V: The Face of Death 18 (1994) 10.00 Legionnaire 15 (1998) 11.55 The Sentinel 12 (2006) With Michael Douglas. 1.55 Firewall 12 (2006) With Harrison Ford. 3.55 Grendel 12 (2007) With Chris Bruno. 5.25 Legionnaire 15 (1998) With Jean-Claude Van Damme. 7.10 16 Blocks 12 (2006) With Bruce Willis. 9.00 The Sentinel 12 (2006) With Michael Douglas. 10.55 Blood Simple 18 (1984) With Frances McDormand. 12.35 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 2.45 Year of the Dragon 18 (1985) With Mickey Rourke. 5.05 Warriors of Virtue PG (1997)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Spanish Football 7.30 FA Trophy Final 8.30 Football League 10.00 The Sunday Supplement 11.30 Live Football League. A Championship play-off semi-final first leg. 2.00 Live Super Sunday. Coverage of one of this afternoon's Premier League matches. 5.30 Super Sunday: The Last Word 6.00 Live Football League. A League Two play-off semi-final first-leg encounter. 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football First 5.45 Sky Sports Classics

Sky Sports 2

6.00 Watersports World 7.00 World Sport 8.00 Golf Night 9.30 NASCAR 12.00 Live Cricket. Warwickshire Bears v Northamptonshire Steelbacks. Continues on the interactive service. 2.45 Live Super Sunday. Coverage of one of this afternoon's Premier League matches. 5.00 Live Cricket. Warwickshire Bears v Northamptonshire Steelbacks. 7.30 Golf Night 10.00 Football League 11.30 Champions League Weekly 12.00 Spanish Football 2.00 Football League 3.30 Watersports World 4.30 Close

Sky Sports 3

6.00 Bass Fishing 7.00 Wild Spirits 7.30 Rugby Union 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Spirits 11.30 Racing News 12.00 World Sport 12.30 Live European Tour Golf. The Italian Open. 4.30 Wild Spirits 5.00 WWE: Experience 6.00 Live Spanish Football. A La Liga match. 8.00 Live Spanish Football. A La Liga match. 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Golf Night 2.00 Close

British Eurosport

7.30 Canoeing 9.30 Live Rowing. The World Cup event in Munich. 10.45 Cycling 11.45 Live Le Mans Endurance Series. Coverage of the 1,000km of Spa in Belgium. 12.15 WTA Tennis 1.00 Live WTA Tennis. The German Open final. 2.45 Live Cycling. Stage two of the Giro d'Italia. 4.30 Canoeing 5.30 Rowing 6.45 Artistic Gymnastics 8.15 French Rugby 8.45 World Superbikes 10.30 Le Mans Endurance Series 11.00 Motorsports Weekend 11.30 Cycling 12.00 Beach Volleyball 1.00 Close

Sky Sports Xtra

6.00 Speedway 9.00 Race World 10.00 Motor Racing 10.30 Speedway 1.30 Live Masters Tennis. The Rome Masters final. 4.00 World Sport 4.30 Sports Adventure 5.00 Motor Racing 5.30 NASCAR 8.00 Masters Tennis 10.00 NASCAR 12.30 Masters Tennis 2.30 Close

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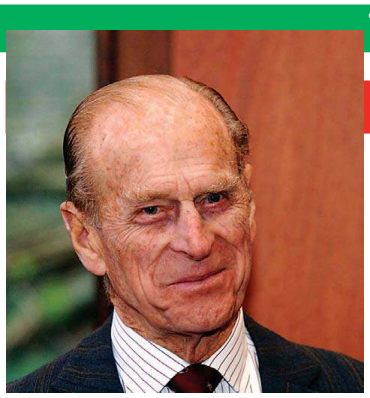
BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: Mortified. (R) (T) 3.55 Frankenstein's Cat; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 Roar. (T) 4.35 Grange Hill. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. Last in series; (T) BBC News; Regional News. (T)
8.00 EastEnders. Roxy's date is overshadowed by another mysterious fainting spell, leading Ronnie to suspect she might be pregnant. Dawn believes she's found the perfect match for Shabnam in her brother Mickey, and Ian makes amends with Christian at a family meal. Ricky lets Bianca know how he feels. (T)
8.30 Panorama. Just as 11-year-olds sit down to SATS tests, Vivian White reports on the pressure exams place on schools and children, considering whether Government claims that they help to raise standards are justified. Jeremy Vine presents. (T)
9.00 Waking the Dead. When the body of salesman Chris Dearden is found in a disused tunnel, investigations reveal he had been reported missing by his wife Lucy in 1996. The ritualistic nature of the murder leads the team to suspect a group of middle-aged men who had been on a self-empowerment weekend. However, the victim's son Jimmy refuses to believe the body is his father's. Concludes tomorrow. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Meet the Immigrants. Following two Filipinos working as domestics in London. Suzi sends most of her earnings to her children in the Philippines, while Juanna is in debt after using her wages to support her sick brother. Plus, youth worker Zorba organises a talent show to celebrate Roma culture and history. David Morrissey narrates. (T)
11.05 Inside Sport. Weekly round-up, presented by Gabby Logan, with interviews, features and reaction to all the latest headlines. Journalists Tony Livesey and Steve Bunce offer their informed opinions. (T)
11.45 FILM: Iron Eagle (1986). Action adventure, with Louis Gossett Jnr; (T) Springwatch Weatherview. (T)
1.40 Sign Zone: Am I Normal? (R) (T) 2.40 Sign Zone: Across the Andes: Beyond Boundaries. (R) (T) 3.40 Sign Zone: The Estate We're In. (R) (T) 4.25 BBC News. (T)



Pick of the Day

The Duke: A Portrait of Prince Philip (ITV1 Granada, 9pm)
The Royal Family appear on the box so often, they're almost as familiar to us as our own family. You'd think, then, that we might know more about their lives, but the world of our head of state and her relatives has often been shrouded in mystery. The Queen went some way to change that by appearing in the BBC documentary Monarchy, while Prince Charles has featured from time-to-time in eye-opening interviews and programmes. Now The Duke of Edinburgh is having a go. We all know his official biography, including his background as a member of the Greek and Danish aristocracy, and his first meeting with his future wife when he was 18 and she was 13. This programme will focus on Prince Philip's work at Sandringham, and he'll be featured showing Trevor McDonald around the estate. A spokesman for ITV1 says: "Cameras have followed the Duke over the past year, producing a fascinating chronicle of the solo portfolio that HRH has carved out for himself." It should be an enthralling programme for anybody interested in not only the Royals, but also Britain's heritage and countryside.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)
5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Bob becomes concerned when Viv starts having nightmares and accosts a stranger in the street thinking it's Freddie. Gennie and her mother visit Shadrach and end up staying for dinner, while Katie is disappointed with the turnout for her engagement party after all the guests cancel. (T)
7.30 Coronation Street. Liam makes a shocking confession to Maria as the grieving couple deal with their loss, and a frustrated Fiz finds Julie ruling the roost while she tries to take care of Kirk. An unexpected visit from Tina leaves Gail perplexed, but the evening throws up another surprise when Ted drops a bombshell of his own. (T)
8.00 End of Cheap Food: Tonight. (T)
8.30 Coronation Street. Maria fears her marriage is over and decides to move out, while Carla takes in a rain-soaked Liam. Still reeling from her father's revelation, Gail puzzles over the news with Tina. Elsewhere, Becky and Jason have their first lovers' tiff and Leanne lands a job at the Rovers. (T)
9.00 The Duke: A Portrait of Prince Philip. First in a major two-part profile of the controversial royal, reflecting on his six decades as consort to the Queen and including previously unseen cine footage filmed by the Duke himself, who also talks to Trevor McDonald at Sandringham. Archive clips and interview material are combined to paint an affectionate picture of the prince. Concludes tomorrow. (T)
10.00 News at Ten and Weather; Weather. (T)
10.35 FILM: The Fast and the Furious (2001). High-octane thriller, starring Vin Diesel. (T)
12.30 UEFA Champions League Weekly. (T) 1.00 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.55 Loose Women. (R) 2.45 Make Me Perfect. (R) (T) 3.30 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Jackanory Junior. (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Focus. (T) 10.50 Look and Read. (T) 11.10 Razzledazzle. (T) 11.30 Barnaby Bear. (T) 11.45 The Magic Key. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: KS2 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 BBC Primary Geography. (T) 1.30 Animal Park. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Legends: Doris Day: Virgin Territory. Profile of the American actress. (R) (T) 8.00 The Truth About Property. Part one of two. How UK homes would survive a housing crash. (T) 9.00 Teen Mum High. Life in a pupil referral unit. (T) 10.00 Have I Got News for You. Guest host Bill Bailey asks the questions as team captains Paul Merton and Ian Hislop are joined by panellists including Nick Robinson for the satirical current affairs quiz. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Parallel Worlds - A User's Guide: BBC Four on BBC Two. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Teen Tycoons; (R) (T) Before and After. (R) (T) 10.00 Teen Tycoons; (R) (T) Before and After. (R) (T) 10.30 Pioneer House; (R) (T) Before and After. (R) (T) 11.25 KNTV - Philosophy; (R) (T) Before and After and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Great British Brands. (R) (T) 12.45 FILM: The Way We Were (1973). Romantic drama, starring Robert Redford. (T) 2.55 A Place in the Sun. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: From This Day Forward. New series. Victims of domestic abuse's silent cycle of suffering. (T) 8.00 Dispatches: The Truth About Beauty Creams. Testing the most popular anti-ageing creams. (T) 9.00 The Dinosaur Mummy. The unearthing of an incredibly well-preserved dinosaur. (T) 10.00 FILM: Exit Wounds (2001). A past-his-prime cop is transferred to a new precinct, and quickly learns his colleagues are more corrupt than the thugs on the street. Thriller, with Steven Seagal. (T) 11.55 Premier League Poker. 12.55 FILM: Who Dares Wins (1982). Action thriller, starring Lewis Collins. (T) 3.00 The Diets That Time Forgot. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Ebb and Flo. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Little Lodgers. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Beaches. (R) (T) 3.05 five news update. (T) 3.10 FILM: More Than Meets the Eye: The Joan Brock Story (2003). Drama, starring Carey Lowell. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? How miners extract gold in Nevada; (T) 7.30 five news update. 8.00 The Gadget Show. Suzi Perry and Jason Bradbury take to the road to try out the latest high-end road-racing bikes, while Jon Bentley tests digital cameras at the European Snowballing Championships; (T) 8.00 five news at 9. 9.00 Paul Merton in China. The comedian visits Shanghai. Last in series. (R) (T) 10.00 Dom Joly's Complainers. Tackling the irritations of modern life. (T) 11.05 FILM: The Forgotten (2004). Psychological thriller, starring Julianne Moore. (T) 12.55 NASCAR. 1.50 US PGA Golf. 2.40 NHL Ice Hockey. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Miúdo de 10 Anos? 2230 Prós e Contras 0215 And Starrinf Pancho Villa As Himself, film 0400 Telesales 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Seis Graus 2330 Bastidores 0030 Noirtes 0115 Universidades 0145 Discovery Hour 0245 Diga Lá Excellência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews
SIC
0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desejo Proíbido 0115 Eterna Magia 1545 COntacto 1800 Sete Pecados 1900 A Ganhar é qie a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caraz 2330 Resistirei 0030 CSI Miami 0130 Rescue Me 0330 Quando o Telefone Toca
TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 2000 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganahr 0345 Film TBA 0530 Telesales

Best of the Rest

BBC3
7.00 Dragons' Den 8.00 The Real Hustle 8.30 Glamour Girls 9.00 Gavin & Stacey 9.30 Gavin & Stacey 10.00 EastEnders 10.30 Ideal 11.00 Admin 11.30 American Dad! 11.55 American Dad! 12.15 Glamour Girls 12.45 Gavin & Stacey 1.15 Gavin & Stacey 1.45 Ideal 2.15 Admin 2.45 The Real Hustle 3.15 Blood, Sweat and T-Shirts 4.15 Dog Borstal 4.45 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Living with Modernism 8.00 The Life of Mammals 9.00 Stephen Fry: 50 Not Out 10.00 Stephen Fry and the Gutenberg Press 11.00 Clarissa and the King's Cookbook 11.30 The Da Vinci Code: The Greatest Story Ever Sold 12.30 Stephen Fry: 50 Not Out 1.30 Stephen Fry and the Gutenberg Press 2.30 Living with Modernism 3.00 The Da Vinci Code: The Greatest Story Ever Sold 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Gossip Girl 9.00 Pushing Daisies 10.00 Film: The Bourne Identity 12 (2002) 12.20 Coronation Street 12.50 Coronation Street 1.20 Comedy Cuts 1.45 Teleshopping 4.45 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Gladiators 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Bones 11.00 Road Wars 12.00 Bones 1.00 Road Wars 1.50 Stargate Atlantis 2.40 Road Wars 3.30 Airline 3.55 Airline 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Keeping Up Appearances 1.40 Last of the Summer Wine 2.20 The Good Life 3.00 My Family 3.40 Some Mothers Do 'Ave 'Em 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 The Good Life 6.20 My Family 7.00 Only Fools and Horses 7.40 dinnerladies 8.20 The Thin Blue Line 9.00 The Royle Family 9.40 Absolutely Fabulous 10.20 Only Fools and Horses 11.00 Gimme Gimme Gimme 11.40 The Royle Family 12.00 Absolutely Fabulous 1.00 Gimme Gimme Gimme 1.40 Alistair McGowan's Big Impression 2.00 Charlie's Angels 2.50 Fantasy Island 3.35 Murder, She Wrote 4.20 Murder, She Wrote 5.05 EastEnders 5.35 Neighbours
TCM
1.00 Our Mutual Friend 2.30 The Screening Room 3.00 Courage of Lassie U (1946) 4.40 Till the Clouds Roll By U (1946) 7.05 Zig Zag PG (1970) 9.00 The Drowning Pool 12 (1975) 11.15 Cool Breeze 15 (1972) 1.30 Yankee Doodle Dandy U (1942) 3.40 The King's Thief U (1955) 5.00 Flesh and the Devil PG (1926)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.20 Gideon PG (1999) 8.05 Dad PG (1989) 10.05 Columbo: Murder, Smoke and Shadows PG (1989) 11.45 The Robber Bride 15 (2007) With Mary-Louise Parker. 1.20 A Separate Peace 12 (2004) With J Barton. 3.00 School Ties PG (1992) With Chris O'Donnell. 4.50 A Daughter's Conviction 12 (2006) With Kate Jackson. 6.25 Driven to Succeed PG (2004) With Cybill Shepherd. 8.00 Babel 15 (2006) With Brad Pitt. 10.25 Walk the Line 12 (2005) With Joaquin Phoenix. 12.45 Two for the Money 15 (2005) With Al Pacino. 2.55 Hardcore 18 (1979) With George C Scott. 4.50 Gideon PG (1999)

Sky Movies Comedy

6.00 Bad Manners 15 (1997) 7.35 The Duke U (1999) 9.10 35MM 9.40 Like Mike 2: Streetball PG (2006) 11.20 In & Out 12 (1997) With Kevin Kline. 12.55 Click 12 (2006) With Adam Sandler. 2.50 Accepted 12 (2006) With Justin Long. 4.30 Like Mike 2: Streetball PG (2006) With Jascha Washington. 6.10 Robin Hood: Men in Tights PG (1993) With Cary Elwes. 8.00 Accepted 12 (2006) With Justin Long. 9.45 Click 12 (2006) With Adam Sandler. 11.45 Rumor Has It 12 (2005) With Jennifer Aniston. 1.25 Robin Hood: Men in Tights PG (1993) With Cary Elwes. 3.15 In & Out 12 (1997) 4.50 The Duke U (1999)

Sky Movies Action

6.55 Shadow Conspiracy 15 (1997) 8.55 The Presidio 15 (1988) 10.40 The Guardian 15 (2006) 1.05 Ninja Dragons PG (1994) With Stephen Furst. 2.45 Shadow Conspiracy 15 (1997) With Charlie Sheen. 4.40 The Presidio 15 (1988) With Sean Connery. 6.35 The Guardian 15 (2006) With Kevin Costner. 9.00 The General's Daughter 18 (1999) With John Travolta. 11.00 Fire Down Below 18 (1997) With Steven Seagal. 12.50 To Live and Die in LA 18 (1985) With Willem Dafoe. 2.50 The Big Hit 18 (1998) With Mark Wahlberg. 4.35 Point Last Seen PG (1998)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football First 10.30 Football League 12.00 Spanish Football 2.00 Football First 3.30 Football First 5.00 Soccer AM: The Best Bits 6.00 How the Premier League Was Won 7.30 Live Football League. The second League One play-off semi-final first leg. 10.00 How the Premier League Was Won 11.30 Soccer AM: The Best Bits 12.30 Football League 2.00 How the Premier League Was Won 3.30 Soccer AM: The Best Bits 4.30 Football League

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Bottom Line 8.00 Max Power 9.00 NASCAR 11.30 Golf Night 2.00 Football League 3.30 Golf Night 6.00 Sports Adventure 6.30 Wild Spirits 7.00 Sports Adventure 7.30 Live Speedway. An Elite League meeting. 9.30 Poker 12.00 Speedway 2.00 Poker 4.30 Close

Sky Sports 3

8.00 Golf Night 10.30 Sports Adventure 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Max Power 1.00 Bass Fishing 2.00 Sports Adventure 2.30 NASCAR 5.00 WWE: Raw 7.00 FEI Equestrian World 7.30 World Motor Sport 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 World Superbikes 9.00 euroCRASH! 9.15 Rowing 10.15 Canoeing 11.15 Artistic Gymnastics 12.45 Cycling 2.00 Live Cycling. Coverage of the third stage of the Giro d'Italia. 4.30 Cycling 5.00 Eurogoals 5.45 Road to Euro 2008 6.00 UEFA Champions League Classics 7.00 UEFA Champions League Classics 8.00 World Superbikes 9.30 MotoGP 10.30 Road to Euro 2008 10.45 Cycling 11.45 Eurogoals 12.30 Close

Sky Sports Xtra

8.00 Masters Tennis 10.00 Live Masters Tennis. The Hamburg Masters. 8.00 Bass Fishing 9.00 Sports Adventure 9.30 Wild Spirits 10.00 FEI Equestrian World 10.30 Sports Adventure 11.00 Sports Adventure 11.30 Wild Spirits 12.00 Bass Fishing 1.00 Sports Adventure 1.30 Wild Spirits 2.00 FEI Equestrian World 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Mortified. (R) (T) 3.55 Frankenstein's Cat. (T) 4.05 The Cramp Twins. (R) (T) 4.15 Dinosapien. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Roxy confesses her shocking secret to Christian, and then faces a difficult decision. The Masood household is sent into chaos with a visit from strait-laced Uncle Inzamam, while Jay makes matters worse with a spot of graffiti. Shirley riles Pat into whacking her with her crutches; (T) BBC News; Regional News. (T)
8.00 Holby City. Joseph is shocked when Faye tells him she may be pregnant, but he comes round to the idea and does the honourable thing. The dangerous situation Abra has got himself involved in convinces Ric to encourage him to apply for a job at the hospital, and when Daisha gets into a conflict with her landlord, Mark's the one who's left to pick up the pieces. (T)
9.00 Waking the Dead. Part two of two. Boyd and the team investigate the possible links between the men who were on the self-empowerment weekend with Chris Dearden when he died in 1996. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Madonna R1 Big Weekend. The singer known as the "Queen of Pop" performs at the music festival held at Mote Park in Maidstone, Kent, providing a rendition of her number one single 4 Minutes and songs from new album Hard Candy, as well as hits from her back catalogue. Highlights from Saturday evening's live BBC3 broadcast. (T)
11.15 FILM: Phenomenon (1996). Sentimental drama, starring John Travolta; (T) Weatherview. (T)
1.20 Sign Zone: See Hear. (R) (T) 1.50 Sign Zone: Child of Our Time. (R) (T) 2.50 Sign Zone: The Estate We're In. (R) (T) 3.35 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 4.05 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 4.35 BBC News. (T)

Pick of the Day

Madonna R1 Big Weekend (BBC1, 10.35pm)
She's the Material Girl who became the Queen of Pop, the mistress of re-invention, and somehow, a British national treasure. Now the American songbird repays her millions of fans in her adopted country with a headlining performance as part of Radio 1's Big Weekend. Here, DJ Jo Whiley interviews her and presents her exclusive performance from the main stage at Mote Park in Maidstone, Kent. This Madonna special features exclusive performances of her chart-topping single, 4 Minutes, as well as songs from her new album, Hard Candy. The programme also features reactions from fans and from other artists at the event. Given that Chris Moyles has recently been trying to persuade the singer to perform some of the lesser-known tracks from her back catalogue (does anybody other than Chris remember 'Pink Elephants and Lemonade'?) it will be interesting to see the full line-up of hits. Digital TV viewers can press the Red button from any BBC channel to watch performances from the event, presented by Nihal. Highlights will be broadcast on the Red button service until next weekend.

ITV1

Tuesday 13/05/08

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale: Denial. Donna and Ross agree to help find Freddie, but Viv lands herself in more trouble when her daughter finds a lead at an abandoned house. Nicola has an unhappy 30th birthday after discovering she's no longer needed at the vets, but when she accidentally traps Paddy's hand in the boot of his car, she sees an opportunity to profit from his misfortune. (T)
8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)
9.00 The Duke: A Portrait of Prince Philip. Trevor McDonald narrates the concluding part of this insight into the life and work of the Queen's consort, accompanying the royal couple on a visit to Uganda and taking a tour of the Sandringham private estate. The programme also focuses on the Duke of Edinburgh's often difficult relationship with the media and his role in the ever-expanding royal family. (T)
10.00 News at Ten and Weather; Weather. (T)
10.35 Benidorm. Janice's admirer Jack outstays his welcome, while Gavin's mother Dorothy puts in a brief appearance. Drink interferes with the course of true love when the Oracle has his big date with Telle and the gang gather for Mel and Madge's beach wedding. Comedy, guest starring Margi Clarke. (R) (T)
11.05 Q-Cars - Robbery Squad. A high-speed car chase leaves the teams with a surprising result, an odd story circulates involving an obvious fraud, and a visit to a flat produces more than the officers expected.
11.35 Dexter. Doakes realises Dexter has been lying about the Ice Truck Killer case and becomes increasingly suspicious of his motives. Meanwhile, Matthews has Laguerta replaced. (R) (T)
12.35 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 The Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Jackanory Junior. (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Let's Write Poetry: The Big Slam. (T) 10.50 BBC Primary History. (T) 11.10 Timewatch. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Maths Channel. (T) 1.10 BBC Primary Geography. (T) 1.30 Animal Park. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Michael Palin's New Europe. The presenter travels to Bulgaria, where he meets a transvestite singer who has become an unlikely Balkan superstar, and learns belly dancing in Turkey. (R) (T) 8.00 The Truth About Property. Part two of two. The extent to which houses remain a good investment. (T) 9.00 Abortion: The Choice. Five women face up to their decision to have an abortion. (T) 10.00 Later Live - with Jools Holland. With Sharleen Spiteri, and Nick Cave and the Bad Seeds. (T) 10.30 Newsnight; Weather. (T) 11.20 Mad Men. (T) 12.10 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Teen Tycoons; (R) (T) Before and After. (R) (T) 10.00 Teen Tycoons; (R) (T) Before and After. (R) (T) 10.30 Pioneer House; (R) (T) Before and After. (R) (T) 11.25 KNTV - Philosophy; (R) (T) Before and After and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Burgh Island: Checking Into History. (R) (T) 12.50 FILM: The Last Command (1955). Western, starring Sterling Hayden. (T) 2.55 A 100 Grand Place in the Sun. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: From This Day Forward. Victims of domestic abuse's silent cycle of suffering. (T) 8.00 How to Look Good Naked. Gok Wan helps wannabe actress Clare Coxon, whose lack of confidence in her body is preventing her taking to the stage. The Naked Army test fake tans and waterproof eye shadow. (T) 9.00 Gordon Ramsay's F Word. New series. Actress Wendi Peters joins the chef in the kitchen. (T) 10.00 The World's Tallest Woman and Me. The contenders for the title of the world's tallest woman. (T) 11.05 4Music: Coldplay: Video Exclusive. (T) 11.10 Sex and the City: World Premiere Special. (T) 11.40 Dirty Sexy Money. (R) (T) 12.40 Premier League Poker. (R) 1.30 British Superbike Championship. 2.25 KOTV. (T) 2.50 World Cup Skiing. (R) 3.50 Grudge Match. (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Ebb and Flo. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Little Lodgers. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (T) 3.15 FILM: Tornado! (1996). Adventure, starring Bruce Campbell. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Jaguar Adventure with Nigel Marven. The naturalist joins a group of conservationists. Last in series; (T) 7.30 five news update. 8.00 The Yorkshire Ripper - Mind of a Killer: Revealed. Contentious claims about Peter Sutcliffe's mental state; (R) (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. The team investigate the death of a TV star. (T) 10.00 CSI: Miami. A businessman is stabbed and scalped in a hotel room; (R) (T) five news update. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (T) 1.00 Football Italiano. 1.25 NBA Basketball. A match from the NBA play-offs. 4.20 French Football. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegira 1300 News 1415 Prova de Amor 1515 Portugal No Coração 1800 Portugal em Directo 2130 News 2100 Sabe Mais Do Que um Miúdo de 10 Anos 0230 O Tutor 0400 Telesales 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Siciedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé Dos Homens 1900 2010 1945 Zig Zag 2045 Freinds 2110 National geographic 2200 News 2200 Greys Anatomy 2330 Sempre em Pé 0040 Noites da 2 0115Universidades 0145 Hora Discovery 0245 camara Claa 0355 2010 0535 Sociedade Civil 0605 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Desejo Proibido 1415 Eterna Magia 1515 Contacto 1800 Sete Pecados 1900 A Ganhar è Que Agente Se Entende 2000 News 2130 Os Malucos do Riso 2215 Rapid Fire, film 2330 Resitirei 0030 Entre Vidas 0130 Rescue Me 0230 Quando o Telefone Toca
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 2130 News 2215 Doce Fugitiva 0015 Grizzly Rage, film

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Child Stars 9.00 Blood, Sweat and T-Shirts 10.00 EastEnders 10.30 Scallywagga 11.00 The Wall 11.45 American Dad! 12.05 American Dad! 12.30 Blood, Sweat and T-Shirts 1.25 Scallywagga 1.55 The Wall 2.40 Child Stars 3.40 Dog Borstal 4.40 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 The Art of Spain 9.00 What Happened Next? 10.00 Goodness Gracious Me 10.30 Film: Films to Keep You Awake: A Real Friend 12 (2006) 11.40 The Art of Spain 12.40 Proms on Four 2007 3.10 What Happened Next? 4.10 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Animals Do the Funniest Things 9.00 Film: The Bourne Identity 12 (2002) 11.15 Headcases 11.45 Comedy Cuts 12.15 Film: Kissing a Fool 15 (1998) 2.10 Film: The Guru 15 (2002) 3.40 Teleshopping 5.40 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Battlestar Galactica 10.00 Lost 11.00 The Dresden Files 12.00 Bones 1.00 Road Wars 1.50 Stargate Atlantis 2.40 Road Wars 3.30 Airline 3.55 Airline 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Keeping Up Appearances 1.40 Last of the Summer Wine 2.20 The Good Life 3.00 My Family 3.40 Some Mothers Do 'Ave 'Em 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 The Good Life 6.20 My Family 7.00 Only Fools and Horses 7.40 dinnerladies 8.20 The Thin Blue Line 9.00 My Family Christmas Special 10.05 Only Fools and Horses 10.45 The Royle Family 11.20 Victoria Wood as Seen on TV 12.15 Alistair McGowan's Big Impression 12.30 Charlie's Angels 1.35 The New Adventures of Old Christine 2.10 The Bill 2.50 Fantasy Island 3.35 Murder, She Wrote 4.20 Murder, She Wrote 5.10 EastEnders 5.35 Neighbours
TCM
1.00 Our Mutual Friend 2.30 Off Set 3.00 Ask Any Girl U (1959) 4.45 The Three Musketeers U (1948) 7.15 Tick Tick Tick PG (1970) 9.00 McCabe and Mrs Miller 18 (1971) 11.10 Sweet Bird of Youth 15 (1962) 1.15 Task Force U (1949) 3.20 Escape from East Berlin U (1962) 5.00 The Hook PG (1962)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.35 Deep Family Secrets PG (1997) 8.15 Her Own Rules PG (1998) 9.55 Saving Milly PG (2005) 11.35 Mayday 12 (2005) With Aidan Quinn. 1.15 Columbo Goes to College PG (1991) With Peter Falk. 2.55 Falsely Accused PG (1993) With Lisa Hartman Black. 4.40 Lost Behind Bars 15 (2006) With Paget Brewster. 6.20 Ice Bound PG (2003) With Susan Sarandon. 8.00 The Pursuit of Happyness 12 (2006) With Will Smith. 10.00 Syriana 15 (2005) With George Clooney. 12.10 A Cry in the Dark 15 (1988) With Meryl Streep. 2.20 Breakfast on Pluto 15 (2005) With Cillian Murphy. 4.40 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.20 Family Close Up 6.50 She's the Man 12 (2006) 8.40 Mouse Hunt PG (1997) 10.20 Because I Said So 12 (2007) 12.05 Happy Gilmore 12 (1996) With Adam Sandler. 1.45 The Top 10 Show 2.00 A Fish Called Wanda 15 (1988) With John Cleese. 4.00 Mouse Hunt PG (1997) With Nathan Lane. 5.40 35MM 6.10 She's the Man 12 (2006) With Amanda Bynes. 8.00 Happy Gilmore 12 (1996) With Adam Sandler. 9.40 A Fish Called Wanda 15 (1988) With John Cleese. 11.35 American Pie Presents: The Naked Mile 15 (2006) With John White. 1.20 Because I Said So 12 (2007) With Diane Keaton. 3.05 Shirley Valentine 15 (1989) 5.00 Carolina PG (2003)

Sky Movies Action

6.10 Night Falls on Manhattan 15 (1997) 8.20 The Black Dahlia 15 (2006) 10.30 The Edge 15 (1997) 12.40 Billy Bathgate 15 (1991) With Dustin Hoffman. 2.30 Night Falls on Manhattan 15 (1997) With Andy Garcia. 4.40 The Black Dahlia 15 (2006) With Josh Hartnett. 6.50 The Edge 15 (1997) With Anthony Hopkins. 9.00 Mission: Impossible III 12 (2006) With Tom Cruise. 11.10 Lethal Weapon 2 18 (1989) With Mel Gibson. 1.05 Mission: Impossible III 12 (2006) With Tom Cruise. 3.15 Vanishing Point 18 (1971) 5.05 Young Ivanhoe PG (1995)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 How the Premier League Was Won 10.30 Soccer AM: The Best Bits 11.30 How the Premier League Was Won 1.00 Football League 2.30 Soccer AM: The Best Bits 3.30 How the Premier League Was Won 5.00 NFL: Total Access 6.00 Football Asia 6.30 Revista De La Liga 7.30 Live Football League. A Championship play-off semi-final second-leg match. 10.00 Revista De La Liga 11.00 NFL: Total Access 12.00 Football League 1.30 Football Asia 2.00 Revista De La Liga 3.00 World Motor Sport 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 Speedway 11.00 Poker 1.30 Speedway 3.30 Poker 6.00 Ladies European Tour Golf 7.00 Athletics 7.30 Live Greyhound Racing. The Puppy Derby. 10.00 Poker 12.00 Ladies European Tour Golf 1.00 Athletics 1.30 Pool 2.30 Close

Sky Sports 3

8.00 FEI Equestrian World 8.30 World Motor Sport 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Adventure 12.30 FEI Equestrian World 1.00 NFL: Total Access 2.00 Sports Adventure 2.30 World Motor Sport 5.00 WWE: Smackdown 7.00 Motor Racing 7.30 Powerboating 8.00 Pool 9.00 Ladies European Tour Golf 10.00 Sports Unlimited 11.00 Pool 12.00 Motor Racing 1.30 Sports Unlimited 2.30 Close

British Eurosport

7.30 Eurogoals 8.15 Artistic Gymnastics 9.30 Road to Euro 2008 9.45 Eurogoals 10.30 UEFA Cup Football 11.30 UEFA Cup Football 1.00 Cycling 2.00 Live Cycling. Coverage of the fourth stage of the Giro d'Italia. 4.30 Live UEFA Under-17s Championship. The opening semi-final (Kick-off 4.30pm). 5.15 Eurogoals 5.30 Live UEFA Under-17s Championship. The opening semi-final. 6.15 Eurogoals 7.00 Live UEFA Under-17s Championship. The second semi-final (Kick-off 7.00pm). 8.45 Boxing 10.30 World Rally Championship 11.00 Cycling 12.00 Rallying 12.30 Close

Sky Sports Xtra

10.00 Live Masters Tennis. The Hamburg Masters. 8.00 Sports Adventure 8.30 Motor Racing 10.00 Athletics 10.30 Motor Racing 11.00 Sports Adventure 11.30 Powerboating 12.00 FEI Equestrian World 12.30 Sports Adventure 1.00 Powerboating 1.30 Sports Adventure 2.00 Motor Racing 2.30 Close

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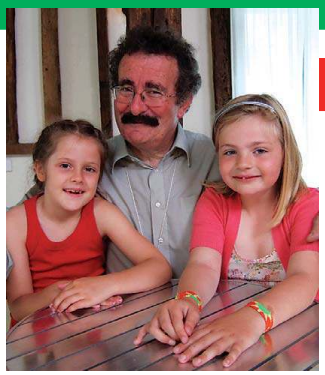
BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Mortified. (R) (T) 3.55 Frankenstein's Cat; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 Young Dracula. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Cars, Cops and Bailiffs. Bailiff Jamie Waller gets hold of a persistent parking fine evader and the Metropolitan Police launch a crackdown on the many uninsured cars on the roads; (R) (T) BBC News; Regional News. (T)
8.00 Child of Our Time. Professor Robert Winston explores the struggles of the featured children while at school, considering whether the stresses of bullying and exams being taken from the age of seven are a good preparation for later life or just too much for some to cope with. (T)
9.00 The Apprentice. The teams are challenged to sell wedding dresses at the NEC in Birmingham. Alan Sugar gives them just one day to visit selected bridal businesses before they adapt their hard-sell techniques to the highly sensitive matter of marital wear, knowing that one member of the least successful team faces the sack. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball, Dream Number and Lotto draws are revealed. (T)
10.40 Comedy Sketchbook. Angus Deayton presents more classic clips, including an English meal with Goodness Gracious Me and memorable comedy by Vic Reeves and Bob Mortimer, Victoria Wood, Hale and Pace, and Paul Merton. Plus, sketches from Today's the Day, Not the Nine O'Clock News, Three of a Kind and The Fast Show; (T) National Lottery Update.
11.30 FILM: Bounce (2000). Romantic drama, starring Ben Affleck; (T) Weatherview. (T)
1.15 Sign Zone: Seaside Rescue. (R) (T) 1.45 Sign Zone: Meet the Immigrants. (R) (T) 2.15 Sign Zone: An Island Parish. (R) (T) 2.45 Sign Zone: The Estate We're In. (R) (T) 3.30 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 4.00 Sign Zone: Animal 24:7. (R) (T) 4.45 BBC News. (T)



Pick of the Day

Child of Our Time (BBC1, 8pm)
While today's children might benefit from having access to some truly magnificent gizmos courtesy of the latest developments in technology, they have a lot more to worry about than their parents did at the same age. To discover how today's children cope with our fast-paced and stressful world, Professor Robert Winston and a team of child experts present this three-part documentary series which catches up with 25 Millennium babies as they begin their first tentative steps towards adulthood. Using observational filming and scientific tests, the series will focus on how children's ideas about their gender roles are shaped, the stresses they face in today's hectic world and the well-being of children in today's society. In the opening edition, Professor Winston and the team observe Nathan, Rhianna, Helena, Megan and Tyrese to see how their ideas about gender affect their behaviour and how they construct their sense of identity as a boy or girl. Relentless exposure to advertising means our children are under more pressure today than ever before. The film also explores how young girls respond to the pressure to be thin, what happens when boys and girls are forced to make small talk and how highly sexualised toys and clothes are affecting them.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Coronation Street. A pensive Liam faces up to his night with Carla, while Maria tells him she wants them to register the baby's death. A furious Gail has a run-in with Tina's mum when she turns up at the Platts' demanding to know what her daughter's up to, and Leanne gets to grips with pulling pints in the Rovers. (T)
7.30 Live UEFA Cup Final. Zenit St Petersburg v Rangers (Kick-off 7.45pm). Matt Smith presents coverage of the showpiece occasion at the City of Manchester Stadium. Subsequent programmes subject to change.
10.00 News at Ten and Weather; Weather. (T)
10.35 Dexter. The Ice Truck Killer finally reveals his identity and abducts Debra, forcing Dexter into a race against time to free her before she pays the price for his failure to crack the case sooner. Meanwhile, Laguerta crosses swords with her replacement, who hinders the investigation by deliberately ignoring key evidence. Last in series. (T)
11.45 Teenage Kicks. Vernon's infantile antics get on everyone's nerves as he plays his guitar at ear-splitting volume, cuts a sleeping David's hair and embarrasses Milly in front of her friends. The final straw comes when he eats Max's secret chocolate stash, prompting the kids to throw him out. Comedy, starring Adrian Edmondson. (R) (T)
12.15 Motorsport UK. 12.45 Nightwatch with Steve Scott: Mystery; (R) ITV News Headlines. 1.35 Loose Women. (R) 2.25 The Jeremy Kyle Show. (R) (T) 3.20 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (T) The Owl. (R) (T) 8.30 CBeebies: Jackanory Junior. (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 A Picture of Britain. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Mountain. Griff Rhys Jones travels through the Lake District. (R) (T) 8.00 Natural World. Marine biologist and film-maker Rick Rosenthal's journey across three oceans to capture sailfish, marlin and swordfish on camera. David Attenborough narrates. (T) 8.50 Strictly Black Grouse. Black grouse in the uplands of Britain. (T) 9.00 Dan Cruickshank's Adventures in Architecture. Buildings that were made with the future in mind. (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; Weather. (T) 11.20 Virgin Memories. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Teen Tycoons; (R) (T) Before and After. (R) (T) 10.00 Teen Tycoons; (R) (T) Burning Questions. (R) (T) 10.30 Pioneer House; (R) (T) Burning Questions. (R) (T) 11.25 KNTV - Philosophy; (R) (T) Burning Questions and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from York. Including the 2.40 Tattersalls Musidora Stakes (1m 2 1/ 2f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: From This Day Forward. The shared suffering between a mother and child. (T) 8.00 Property Ladder. Revisiting two people from the first series. (T) 9.00 Half Ton Dad. Following on from the story of Half Ton Mum's Renee Williams with a look at one of those inspired by the documentary - Kenneth Brumley who underwent surgery when he was 73 stone. (T) 10.00 Desperate Housewives. Carlos wants to go to the police over Victor's disappearance. (T) 11.05 Michael Jackson: What Really Happened. (R) (T) 12.05 4Music: What About Me? (T) 12.40 4Music: The Green Room. (R) (T) 1.10 4Music: 4Play: The Futureheads. (T) 1.25 Bremner, Bird and Fortune. (R) (T) 2.25 Stargate SG-1. (R) (T) 3.15 Stargate SG-1. (R) (T) 4.05 How to Cope with Death. (R) (T) 4.10 Dispatches: The Truth About Beauty Creams. (R) (T) 5.05 Dancing Under the Dustcover. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Ebb and Flo. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Little Lodgers. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (T) 3.15 FILM: Sacrifices of the Heart (2007). Drama, starring Melissa Gilbert. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 It Pays to Watch. Locating unclaimed money; (T) 7.30 five news update. (T) 8.00 Megastructures. New series. Creating the world's largest artificial reef; (T) 8.00 five news at 9. 9.00 The Amityville Horror: The True Story. Theories surrounding the notorious murders. Last in series. 10.00 The Girl in the Box. A woman who was held captive for seven years. 11.05 Outlaw Bikers. (T) 12.05 Poker. 1.35 Major League Baseball. 4.20 World Supercross Championship. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Portugal no Coração 1945 Football: Zenit V Glasgow Rangers 2130 News 0115 Something the Lord Made, film 0400 Telesales 0605 Nós
RTP2
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1615 National Gographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1945 zig Zag 2045 Friends 2115 National Geographic 2200 News 2240 The Nine 2330 Clube de Imprensa 0030 Noites 0145 Discovery Hour 0245 Bastidores 03115 Biosfera 0400 Sociedade Civil 0500 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Desejo Proibido 1500 Eterna Magia 1530 Contacto 1800 Sete Pecados 1900 A Ganhar é que A Gente se Entende 2000 News 2215 Duas Caras 2330 Solw Burn, film 0030 CSI Miami 0130 Rescue Me 0230 Quando O telefone Toca
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 The Sitter, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesales

Best of the Rest

BBC3
7.00 Holby City 8.00 Glamour Girls 8.30 The Real Hustle 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Ideal 10.00 Film: Kevin and Perry Go Large 15 (2000) 11.20 American Dad! 11.45 American Dad! 12.05 Two Pints of Lager and a Packet of Crisps 12.35 Ideal 1.05 Glamour Girls 1.35 Bizarre ER 2.05 The Real Hustle 2.35 The Wall 3.20 Bizarre ER 3.50 Spendaholics 4.45 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Venice 9.00 The Battle for Jerusalem: Storyville 9.50 My Israel: Storyville 11.10 Absolute Zero 12.10 What Happened Next? 1.10 The Battle for Jerusalem: Storyville 2.00 My Israel: Storyville 3.20 Absolute Zero 4.20 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Lose 30 Stone or Die 9.00 Film: Kissing a Fool 15 (1998) 10.55 Coronation Street 11.25 Film: The Guru 15 (2002) 1.15 Benidorm 1.40 Benidorm 2.05 Teleshopping 5.05 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics 9.00 50 Greatest Families 11.00 Cold Case 12.00 Road Wars 1.00 Bones 1.55 Stargate Atlantis 2.50 America's Dumbest Criminals 3.15 Bite Size Brainiac 3.30 Airline 3.55 Airline 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Keeping Up Appearances 1.40 Last of the Summer Wine 2.20 The Good Life 3.00 My Family 3.40 Some Mothers Do 'Ave 'Em 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 The Good Life 6.20 My Family 7.00 Only Fools and Horses 7.40 dinnerladies 8.20 The Thin Blue Line 9.00 Jonathan Creek 10.05 Only Fools and Horses 11.35 Only Fools and Horses 12.15 Jonathan Creek 1.20 The New Adventures of Old Christine 1.45 The Bill 2.35 Fantasy Island 3.20 Murder, She Wrote 4.05 Murder, She Wrote 4.50 EastEnders 5.20 Alistair McGowan's Big Impression 5.35 Neighbours
TCM
1.00 Our Mutual Friend 2.30 Off Set 3.00 Intro by Frank Sinatra Jnr 3.05 High Society U (1956) 5.00 Intro by Tina Sinatra 5.05 The Tender Trap PG (1955) 7.05 Ada PG (1961) 9.00 Love at First Bite 15 (1979) 10.40 Get Carter 18 (1971) 12.45 Catlow PG (1971) 2.35 They Died with Their Boots On U (1942) 5.00 The Strawberry Blonde U (1941)
The Disney Channel
Kids' programmes from 7am, except:

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MOVIES

Sky Movies Drama

6.20 Spirit Bear: The Simon Jackson Story PG (2005) 8.00 The Top 10 Show 8.20 Booky Makes Her Mark U (2006) 10.00 Here Comes the Son PG (1996) 11.40 Amistad 15 (1997) With Anthony Hopkins. 2.20 Columbo: Sex and the Married Detective 15 (1989) With Peter Falk. 4.00 The Top 10 Show 4.20 Angel Rodriguez 15 (2005) With Jonan Everett. 6.00 Simon Birch PG (1998) With Ian Michael Smith. 8.00 Hollywoodland 15 (2006) With Adrien Brody. 10.10 Disclosure 18 (1994) With Michael Douglas. 12.20 Boxcar Bertha 18 (1972) With Barbara Hershey. 2.00 8 1/2 Women 18 (1999) With John Standing. 4.15 Spirit Bear: The Simon Jackson Story PG (2005)

Sky Movies Comedy

6.45 Still Crazy 15 (1998) 8.30 Comedy Close Up 9.00 Three Amigos! PG (1986) 10.45 School for Scoundrels 12 (2006) 12.30 White Men Can't Jump 15 (1992) With Woody Harrelson. 2.30 Family Close Up 3.00 Failure to Launch 12 (2006) With Matthew McConaughey. 4.40 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 6.10 Three Amigos! PG (1986) With Steve Martin. 8.00 School for Scoundrels 12 (2006) With Billy Bob Thornton. 9.45 White Men Can't Jump 15 (1992) With Woody Harrelson. 11.45 Failure to Launch 12 (2006) With Matthew McConaughey. 1.30 Still Crazy 15 (1998) With Bill Nighy. 3.15 Annie Hall 15 (1977) 4.55 Mom and Dad Save the World PG (1992)

Sky Movies Action

6.50 Batman and Robin PG (1997) 9.05 Streets of Fire 15 (1984) 10.55 187 15 (1997) 1.00 Freedomland 15 (2006) With Samuel L Jackson. 3.00 Streets of Fire 15 (1984) With Michael Pare. 4.50 187 15 (1997) With Samuel L Jackson. 7.00 Bullitt 15 (1968) With Steve McQueen. 9.00 Final Approach 10.30 Passenger 57 15 (1992) With Wesley Snipes. 12.00 American Ninja 18 (1985) With Michael Dudikoff. 1.40 Lucky Number Slevin 18 (2006) With Josh Hartnett. 3.40 Batman and Robin PG (1997)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football League 10.30 Revista De La Liga 11.30 Powerboating 12.00 Football Asia 12.30 Football League 2.00 Football Asia 2.30 Revista De La Liga 3.30 Football League 5.00 NFL: Total Access 6.00 Premier League Team of the Season 7.30 Live Football League. A Championship play-off semi-final second-leg match. 10.00 Premier League Team of the Season 11.30 FIFA Futbol Mundial 12.00 Football League 1.30 Premier League Team of the Season 3.00 Football League 4.30 Premier League Team of the Season

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Heat 8.00 Sports Unlimited 9.00 Ladies European Tour Golf 10.00 Poker 12.00 PGA EuroPro Tour Golf 2.00 Poker 4.00 PGA EuroPro Tour Golf 6.00 Boots 'n' All 7.00 Live Horse Racing. Coverage from three meetings. 9.00 WWE Special 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 WWE Special 1.00 Transworld Sport 2.00 Poker 4.00 European Tour Weekly 4.30 Sports Unlimited 5.30 Close

Sky Sports 3

7.30 Motor Racing 8.00 Athletics 8.30 Motor Racing 10.00 Pool 11.00 Motor Racing 11.30 Racing News 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 Sports Adventure 2.30 Motor Racing 4.00 WWE: Bottom Line 5.00 WWE: Afterburn 6.00 European Tour Weekly 6.30 Irish Greyhound Racing 7.00 FIFA Futbol Mundial 7.30 Everyday is Raceday: Touring Car Diaries 8.00 Boots 'n' All 9.00 PGA EuroPro Tour Golf 11.00 Transworld Sport 12.00 Total Rugby 12.30 Irish Greyhound Racing 1.00 Ten Pin Bowling 2.00 PGA EuroPro Tour Golf 4.00 Close

British Eurosport

7.30 Yoz Magazine 8.00 Cycling 9.15 Road to Euro 2008 9.30 UEFA Cup Football 10.30 UEFA Cup Football 12.00 Live WTA Tennis. The third day of the Internazionali BNL d'Italia in Rome. 2.00 Live Cycling. Stage five of the Giro d'Italia. 4.30 Live WTA Tennis. The third day's play in the Internazionali BNL d'Italia. 5.00 Eurogoals 5.15 WTA Tennis 6.00 Wednesday Selection 6.10 Show Jumping 7.10 Show Jumping 8.10 Polo 8.40 Riders Club 8.45 US Tour Golf 9.45 European Tour Golf 10.15 Golf Club 10.20 Yacht Club 10.25 Wednesday Selection 10.30 Marathon des Sables 11.00 Olympic Magazine 11.30 Cycling 12.30 Close

Sky Sports Xtra

10.00 Live Masters Tennis. The Hamburg Masters. 8.00 Ten Pin Bowling 9.00 Total Rugby 9.30 Everyday is Raceday: Touring Car Diaries 10.00 Watersports World 11.00 Sports Adventure 11.30 European Tour Weekly 12.00 Max Power 1.00 Sports Adventure 1.30 Everyday is Raceday: Touring Car Diaries 2.00 Watersports World 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (R) (T) BBC News; Regional News. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Mortified. (R) (T) 3.55 Frankenstein's Cat. (T) 4.05 Stake Out. (R) (T) 4.35 Hider in the House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Roxy struggles to make the right decision, but can't bring herself to confide in Ronnie, who is distracted by Jack. A shocking discovery makes Shabnam realise she and Tamwar must find work - much to Zainab's disapproval. Whitney scrapes together the money to buy Wellard, but discovers she is too late; (T) BBC News; Regional News. (T)

8.00 HolbyBlue. Christian struggles on his first day as Acting Inspector, but is boosted by a visit from Miranda following her stint in rehab. Meanwhile, Neil and Kelly are called out when a disturbance between two neighbours escalates with fatal consequences. James Hillier and Ania Sowinski star. (T)

9.00 The Invisibles. Maurice is troubled when his wife befriends the wealthy chairman of the golf club, especially when he takes an unnatural interest in Barbara's bracelet - one of her husband's ill-gotten gains. Meanwhile, Syd rekindles a romance with an old flame, causing the team to doubt whether their friend is in the right frame of mind for a professional thief. Jan Francis and Simon Shepherd guest star. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Holiday Weather. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Johnny's New Kingdom. (R) (T) 1.25 Sign Zone: Bill Oddie's Wild Side. (R) (T) 1.55 Sign Zone: The Estate We're In. (R) (T) 2.40 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 3.10 Sign Zone: Animal 24:7. (R) (T) 3.55 BBC News. (T)

Pick of the Day

I Own Britain's Best Home 2008: The Final (five, 8pm)
Architectural designer Charlie Luxton, interiors consultant Melissa Porter and property developer Russell Harris have spent the past four months scouring the land to find Britain's most desirable residence. These have been no mere flying visits however; they've spent the night to get a real feel of the place and scrutinise each house in fine detail. "The idea of staying with complete strangers was a bit daunting at first, but it's been a fantastic series to work on," enthuses Melissa. This week we see which of the abodes has impressed the public enough to be voted its ideal home. Russell admits it's been no easy job: "The hardest task in this series has definitely been picking the winners. How on earth do you choose between a stylish, contemporary urban apartment and a 600-year-old timber-framed farmhouse? Fortunately for us, that decision has been up to the viewers." So far, a seaside renovation in Kent, an old water mill in Gloucestershire, a Victorian town house in South London, a folly castle in Yorkshire and an ancestral home in Essex have all got the thumbs up. As the shortlisted homeowners gather at an exclusive London location, we get a recap of the properties before the winner is revealed.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Ashley attends the hearing alone and, worried to see his wife with Greg upon his return, he and Laurel end up fighting once more. Nicola offers to be Paddy's chauffeur, while Viv is devastated when she realises even Bob is questioning her innocence after they are freed on bail and ordered to attend a trial hearing. (T)

8.00 The Bill. Callum vows to trace the bomber responsible for his colleague's death and another alert gives the plucky sergeant a chance to demonstrate his bravery once more. CID are horrified to realise they have had the killer in the station all along and let him get away. The Sun Hill watch pay their respects at Emma's graveside. Liz May Brice and Mark Moraghan guest star. (T)

9.00 Midnight Man. Max is accused of killing his wife after discovering her body on their doorstep. Fearing he is being set up, he teams up with Alice to prove the existence of the illegal death squad via its apparent links to the government, and the news of the existence of a trophy tape featuring one of the Iranian murderers offers some hope. Drama starring James Nesbitt, Catherine McCormack and Rupert Graves. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 The Classical Brit Awards 2008. Myleene Klass presents from the ceremony at London's Royal Albert Hall. With performances from Andrea Bocelli, Sarah Brightman, Nigel Kennedy, Anna Netrebko and three premiere collaborations. Seven awards will be given throughout the evening, with the Outstanding Achievement Award going to Andrew Lloyd Webber. (T)

11.50 Amy Winehouse: Summer Series. Another chance to see the controversial singer perform at an open-air concert in London's Somerset House. Kelly Osbourne presents, and is given backstage access to the diva whose tabloid antics occasionally threaten to overshadow the success of her second album Back to Black. (R) (T)

12.15 Quincy ME. (R) (T) 1.10 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.05 Loose Women. (R) 2.55 The Jeremy Kyle Show. (R) (T) 3.45 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 Megamaths. (T) 11.10 BBC Primary Geography. (T) 11.30 KS1 Science Clips. (T) 11.40 KS1 Science Clips. (T) 11.50 Hands Up! (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Jonathan Meades: Magnetic North. Part one of two. The veteran broadcaster investigates European "northerness". (T) 7.30 Women in Black. The Gulf's shopping capital - Dubai. (T) 8.00 Living the Dream Revisited. An Indian eatery on the Spanish Costa Blanca. (T) 9.00 Heroes. Monica develops new abilities. (T) 9.45 Heroes Unmasked. The story of siblings Maya and Alejandro. (T) 10.00 The Graham Norton Show. With Sex and the City star Cynthia Nixon. (T) 10.30 Newsnight; Weather. (T) 11.20 Two Pints of Lager and a Packet of Crisps. (T) 11.50 Malcolm in the Middle. (R) (T) 12.15 Malcolm in the Middle. (R) (T) 12.35 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Teen Tycoons; (R) (T) Burning Questions. (R) (T) 10.00 Teen Tycoons; (R) (T) Burning Questions. (R) (T) 10.30 Pioneer House; (R) (T) Burning Questions. (R) (T) 11.25 KNTV - Philosophy; (R) (T) Burning Questions and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from York and Salisbury. Including the 2.40 totesport.com Dante Stakes (1m 2 1/2f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: From This Day Forward. The loss of self and the emergence of a survivor. Last in series. (T) 8.00 Come Dine with Me. Contestants from Sheffield cook up a storm. (T) 9.00 The Artful Codgers. The story of the most unlikely art forgers in history. Last in series. (T) 10.00 My Name Is Earl. Part two of two. The local police search for terrorist suspects. (T) 10.30 The Big Bang Theory. (T) 11.00 Derren Brown: Trick or Treat. (R) (T) 11.30 Peep Show. (R) (T) 12.05 4Music: Album Chart Show: Pigeon Detectives Special. (T) 12.35 4Music: Five O'Clock Heroes Featuring Agyness Deyn: Video Exclusive. 12.40 4Music: The Colour Rooms. 1.30 4Music: NME Awards 2008 Big Gig: Klaxons. (T) 2.00 4Music: Ibiza Rocks. (R) (T) 2.30 King of the Hill. (R) (T) 2.55 King of the Hill. (R) (T) 3.20 Home Road Movies. (R) (T) 3.35 Cotton Wool Kids. (R) (T) 4.35 St Elsewhere. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.05 five news update. (T) 3.10 FILM: Shadow of a Doubt (1995). Crime drama, starring Brian Dennehy. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.15 Cricket on five. England v New Zealand. Mark Nicholas introduces highlights from day one of the First Test at Lord's, as the teams begin their three-match series; (T) 7.15 five news update. 8.00 I Own Britain's Best Home 2008: The Final. The winning property is revealed; (T) 8.00 five news at 9. 9.00 House. The doctors treat a hard-living punk rocker. (T) 10.00 Grey's Anatomy. Staff treat the victims of a traumatic car accident. (T) 11.00 Sweaty Betty: Hidden Lives. (T) 12.00 Quiz Call. 4.00 Major League Soccer. 4.20 Dutch Football. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 2345 Saw, film 0415 Telesales 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 Natioal Geographic 1715 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2115 National Geographic 2200 News 2240 Sobrenatural 2330 Balanço & Contas 0030 Noites 2 0115 Universidades 0145 Discovery Hour 0245 Iniciative 0400 Sociendade Civil 0530 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1600 Film TBA 1800 Film TBA 2000 News 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0215 Film TBA

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açucar 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Alfie, film 0445 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 8.00 Blood, Sweat and T-Shirts 9.00 Britain's Youngest Grannies 10.00 EastEnders 10.30 Heroes 11.15 Family Guy 11.40 Family Guy 12.00 Blood, Sweat and T-Shirts 12.55 Britain's Youngest Grannies 1.55 Spendaholics 2.50 Sex - with Mum and Dad 3.50 Dog Borstal 4.20 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 In Search of Medieval Britain 8.00 All About Thunderbirds 9.00 Flipping Out, Israel's Drug Generation: Storyville 10.00 Panorama 11.00 Mad Men 11.45 Monsoon Railway 12.40 In Search of Medieval Britain 1.10 Panorama 2.10 Monsoon Railway 3.05 In Search of Medieval Britain 3.35 Panorama 4.35 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 TV's Funniest Music Moments 9.00 American Idol 10.00 Gossip Girl 11.00 Entourage 11.30 The Office: An American Workplace 12.00 Film: Cliffhanger 15 (1993) 2.05 Entourage 2.35 The Office: An American Workplace 3.00 Teleshopping

Sky One
1.00 Cold Case 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Bones 10.00 Cold Case 11.00 Road Wars 12.00 Road Wars 1.00 Bones 1.50 Stargate Atlantis 2.40 Road Wars 3.30 Airline 3.55 Airline 4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.00 Keeping Up Appearances 1.40 Last of the Summer Wine 2.20 The Good Life 3.00 My Family 3.40 Some Mothers Do 'Ave 'Em 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 The Good Life 6.20 My Family 7.00 Only Fools and Horses 7.40 dinnerladies 8.20 The Thin Blue Line 9.00 Only Fools and Horses 10.45 Only Fools and Horses 11.25 The Royle Family 12.05 Charlie's Angels 1.00 The New Adventures of Old Christine 1.30 The Bill 2.20 Fantasy Island 3.35 Murder, She Wrote 4.20 Murder, She Wrote 5.05 EastEnders 5.35 Neighbours

TCM
1.00 Our Mutual Friend 2.30 The Screening Room 3.00 The VIPs U (1963) 5.05 Come Fly with Me U (1963) 7.05 Two Weeks in Another Town PG (1962) 9.00 Westworld 15 (1973) 10.35 Cannery Row 12 (1982) 12.45 Thirty Seconds Over Tokyo PG (1944) 3.10 The Scarlet Coat U (1955) 5.00 Catlow PG (1971)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Julius Caesar PG (1970) 8.00 Swindle 15 (2002) 9.40 A Daughter's Conviction 12 (2006) 11.20 See You in the Morning 15 (1989) With Jeff Bridges. 1.25 Columbo: Murder in Malibu PG (1990) With Peter Falk. 3.05 What's Bugging Seth? 12 (2005) With Ross Thomas. 4.50 Between Love and Honor PG (1995) With Grant Show. 6.25 Flight 93 12 (2006) With Jeffrey Nordling. 8.00 Perfume: The Story of a Murderer 15 (2006) With Ben Whishaw. 10.30 Derailed 15 (2005) With Jennifer Aniston. 12.30 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 2.45 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent' Jackson. 4.50 Malpractice PG (2001)

Sky Movies Comedy

6.30 Shooting Fish 12 (1997) 8.30 Foul Play 12 (1978) 10.30 Drop Dead Fred 12 (1991) 12.15 The Top 10 Show 12.30 Rush Hour 12 (1998) With Jackie Chan. 2.20 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 4.00 Stick It PG (2006) With Missy Peregrym. 5.50 Maverick PG (1994) With Mel Gibson. 8.00 Rush Hour 12 (1998) With Jackie Chan. 9.45 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 11.25 Maverick PG (1994) With Mel Gibson. 1.35 Drop Dead Fred 12 (1991) With Rik Mayall. 3.20 Foul Play 12 (1978) 5.25 Stick It PG (2006)

Sky Movies Action

6.00 Warriors of Virtue PG (1997) 7.55 Down 'n Dirty 15 (2000) 9.50 The Top 10 Show 10.10 Last Action Hero PG (1993) 12.30 Deja Vu 12 (2006) With Denzel Washington. 2.50 Waist Deep 15 (2006) With Tyrese Gibson. 4.40 Firewall 12 (2006) With Harrison Ford. 6.40 Last Action Hero PG (1993) With Arnold Schwarzenegger. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.10 Underworld: Evolution 18 (2006) With Kate Beckinsale. 1.00 Stay 18 (2005) With Ewan McGregor. 2.45 Year of the Dragon 18 (1985) With Mickey Rourke. 5.05 Warriors of Virtue PG (1997)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Boots 'n' All 10.00 Live Test Cricket. England v New Zealand. 7.00 Premier League World 7.30 Live Football League. A League One play-off semi-final second-leg match. 10.00 Premier League World 10.30 The Rugby Club 12.00 Test Cricket 2.00 International Football 4.00 Premier League World 4.30 Race World 5.30 Premier League World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Experience 8.00 Premier League Team of the Season 9.30 European Tour Weekly 10.00 Live European Tour Golf. The Irish Open. 1.00 Premier League Team of the Season 2.30 Irish Greyhound Racing 3.00 Live European Tour Golf. The Irish Open. 6.00 IAAF Athletix Weekly 6.30 Race World 7.30 Live International Football. Wales Under-21s v England Under-21s (Kick-off 7.30pm). 9.30 Test Cricket 11.30 Premier League World 12.00 Football League 1.30 IAAF Athletix Weekly 2.00 Poker 4.00 Close

Sky Sports 3

7.00 FIFA Futbol Mundial 7.30 Everyday is Raceday: Touring Car Diaries 8.00 WWE Special 9.00 Ten Pin Bowling 10.00 Football League 11.30 Racing News 12.00 WWE Special 1.00 NFL: Total Access 2.00 Sports Adventure 2.30 Football League 4.00 WWE: Heat 5.00 WWE Special 6.00 The Rugby Club 7.30 Live Rugby League. Salford City Reds v Celtic Crusaders (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 Rugby League 2.30 Golf Night 4.30 Close

British Eurosport

7.30 Show Jumping 8.30 UEFA Under-17s Championship 10.00 Cycling 11.00 WTA Tennis 11.45 Mission to Beijing 12.00 Live WTA Tennis. The fourth day of the Internazionali BNL d'Italia in Rome. 2.00 Live Cycling. Coverage of the sixth stage of the Giro d'Italia. 4.30 Live WTA Tennis. The fourth day's play in the Internazionali BNL d'Italia. 5.00 Eurogoals 5.15 WTA Tennis 6.00 UEFA Champions League Classics 7.00 UEFA Champions League Classics 8.00 MotoGP 9.00 Le Mans Endurance Series 9.30 World Rally Championship 10.00 World Superbikes 11.00 Cycling 12.00 Marathon des Sables 12.30 Close

Sky Sports Xtra

8.00 Irish Greyhound Racing 8.30 Total Rugby 9.00 Transworld Sport 10.00 Live Masters Tennis. The Hamburg Masters. 8.00 Golf Night 10.00 ATP Tennis 10.30 Live Poker. Coverage of the online Sky Poker Five-0 tournament. 12.30 NFL: Total Access 1.30 Sports Adventure 2.00 ATP Tennis 2.30 Race World 3.30 The Rugby Club 5.00 Close

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E-mail: Lisbon@galamas.pt - http://www.galamas.pt

SGS

BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Mortified. (R) (T) 3.55 Frankenstein's Cat; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 The Basil Brush Show. (R) (T) 4.35 The Slammer. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 After You've Gone. Jimmy accidentally sees Diana naked in the shower and Molly takes advantage of his shock by getting him to agree to her having a tattoo. Meanwhile, Alex takes an aptitude test at school and the results indicate that accountancy would be an appropriate career for him. Comedy, starring Nicholas Lyndhurst; (R) (T) BBC News; Regional News. (T)
8.00 EastEnders. Ronnie reveals the demons in her past to a stunned Peggy, while Roxy makes a surprising decision. Shirley and Heather use their time behind bars to face some home truths. Shabnam and Zainab open up to each other in an emotional encounter that exposes both women's vulnerabilities. (T)
8.30 A Question of Sport: FA Cup Final Special. (T)
9.00 Have I Got News for You. Celebrity guests join in the fun on the satirical current affairs quiz, with regular team captains Ian Hislop and Paul Merton. (T)
9.30 My Family. Ben attempts to get his old band back together, while Kenzo's piano playing leaves much to be desired. Michael and Alfie's venture into Internet dating does not go according to plan. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. The host welcomes Sarah Jessica Parker, who discusses the film of Sex and the City, actor Anthony Head and broadcaster and author Andrew Marr. With music by Yazoo. (T)
11.35 The National Lottery EuroMillions Draw. Coverage of the National Lottery EuroMillions weekly draw. (T)
11.40 FILM: Timecop (1994). Sci-fi adventure, starring Jean-Claude Van Damme; (T) Weatherview. (T)
1.20 Sign Zone: Dan Cruickshank's Adventures in Architecture. (R) (T) 2.20 Sign Zone: The Estate We're In. (R) (T) 3.05 Sign Zone: Animal 24:7. (R) (T) 3.50 Sign Zone: Animal 24:7. (R) (T) 4.35 BBC News. (T)

Pick of the Day

An Audience Without Jeremy Beadle (ITV1 Granada, 9.30pm) Over the years we've enjoyed plenty of ITV1 specials in which luminaries such as Tom Jones and Dame Edna Everage entertained an audience of famous faces. However, there's never been a posthumous Audience With' until now. Chris Tarrant looks back on the career of his much missed friend, Game For A Laugh joker Jeremy Beadle. Alan Sugar reveals what went on behind the scenes when he and Jeremy teamed up for Celebrity Who Wants to Be a Millionaire, and Terry Wogan provides a few anecdotes of his own. Other familiar faces taking part in the show are Jeremy's Game For A Laugh co-presenter Henry Kelly; Holby City's Robert Powell; DJ Tony Blackburn; presenter Janet Ellis and broadcaster Gloria Hunniford. Members of Jeremy's family will also be attending the do, which promises to be far more than a solemn affair. Danny Baker will oversee the Super Fan Quiz, where Bradley Walsh goes head to head with helium-voiced Joe Pasquale to see who really knows the most about the joker. And Anneka Rice presents a poignant film about his extensive fund-raising and charity work.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Laurel makes a drastic decision after arguing with her dad about Arthur. Shadrach talks to Greg about his experiences with Cain, and Pearl selects a winner for the cruise ticket. (T)
7.30 Coronation Street. Rosie catches Liam sharing a kiss with Carla and films them on her mobile phone. A distraught Maria has a change of heart about her separation and Julie drives Fiz to breaking point. (T)
8.00 Holidays Uncovered: Tonight. (T)
8.30 Coronation Street. A weary Liam begins to yield under Maria's persuasive charms and reconsiders their relationship. David is surprised when Gail visits with Ted in tow and Carla buys Rosie's silence. (T)
9.00 Benidorm. Mel and Madge take a romantic stroll on the beach which turns out to be memorable for all the wrong reasons. Last in the comedy series with Sheila Reid and Geoffrey Hutchings. (T)
9.30 An Audience Without Jeremy Beadle. Chris Tarrant hosts a tribute before a celebrity audience to the popular prankster whose shows Game for a Laugh and Beadle's About made him a household name. (T)
10.30 Teenage Kicks. After a series of snubs from family and friends, the ageing reprobate decides to end it all, but discovers he can't do anything right. Last in the comedy series, with Adrian Edmondson. (T)
11.00 The Late News and Weather; Weather. (T)
11.45 Raines. New series. Detective Michael Raines investigates the murder of a teenage girl, and is offered assistance from beyond the grave. As he delves further into the case he finds himself being tortured by his own imagination. Crime drama, starring Jeff Goldblum and Linda Park. (T)
12.30 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.25 FILM: Pavilion of Women (2000). Premiere. Drama, starring Willem Dafoe. (T) 3.20 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: The Magic Key. (T) 10.45 The Way Things Work. (T) 11.00 The Way Things Work. (T) 11.15 Tales from Europe. (T) 11.30 Watch. (T) 11.45 Something Special. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Animal Park. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Wildlife on Two. A Peruvian giant otter family. (R) (T) 7.30 The Trees That Made Britain. Discovering how trees can be saved from attack by bugs, climate and people. (T) 8.00 Gardeners' World. The changing nature of gardening. (T) 9.00 Across the Andes: Beyond Boundaries. The thin air takes its toll as the team ascend the mountain. (T) 10.00 QI. With Jo Brand, Vic Reeves and Clive Anderson. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 FILM: Day of the Dead (1985). Horror, starring Lori Cardille. (T) 2.10 Star Trek: The Next Generation. (R) (T) 2.55 Star Trek: The Next Generation. (R) (T) 3.40 Malcolm in the Middle. (R) (T) 4.05 Malcolm in the Middle. (R) (T) 4.25 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Pioneer House; (R) (T) Burning Questions and 3 Minute Wonder. (R) (T) 10.30 Pioneer House; (R) (T) Burning Questions. (R) (T) 11.25 KNTV - Philosophy; (R) (T) Burning Questions and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from York and Newbury. Including the 2.40 Emirates Airline Yorkshire Cup (1m 6f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The World According To. A boy discusses space travel. (R) 8.00 Deadliest Catch. New series. The king crab season arrives in Dutch Harbour, but the October weather threatens rough and dangerous seas, so the captains face the dilemma of whether to sail or stay in port. (T) 9.00 Dirty Sexy Money. Nick learns more about his dead father's affair with Letitia. (T) 10.00 Derren Brown: Trick or Treat. Actor David Tennant experiences the feeling of time-travel. (T) 10.30 Peep Show. (T) 11.05 Gordon Ramsay's F Word. (R) (T) 12.10 The Big Bang Theory. (R) (T) 12.40 4Music: The Colour Rooms. 1.25 4Music: JD Set Presents the Futureheads. (T) 1.40 4Music: Ibiza Rocks. (R) (T) 2.05 Afterworld. (T) 2.30 Goalissimo. 3.25 Transworld Sport. (R) (T) 4.20 St Elsewhere. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Little Lodgers. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (T) 3.15 FILM: LA Law: The Movie (2002). Feature-length reunion, starring Richard Dysart. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news. (T) 7.15 Cricket on five. England v New Zealand. Mark Nicholas presents highlights from the second day's play of the First Test at Lord's; (T) 7.15 five news update. (T) 8.00 Police Interceptors. The police chase a gang of would-be jewellery thieves; (T) 8.00 five news at 9. 9.00 NCIS. Gibbs attempts to find out the reason why the agents are being forced to take polygraph tests, while Tony and Jeanne are held hostage by a drug dealer. Last in series. (T) 10.00 Shark. A misfit student is prosecuted for a campus bombing. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 4.45 Out of Practice. (R) (T) 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 Telesales 2100 Contra 2130 Sabe Mais que um Miúdo de 10 anos? 2230 Sexta, à Noite 0145 Wonderland, film 0400 Telesales
RTP2
0700 EuroNews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 da Terra ao Mar 1600 National Geographic 1700 Zig Zah 1830 A Fè dos Homens 1900 A Alma e a Gente 1945 zig Zag 2045 Friends 2115 National Greographic 2200 News 2245 O amor no Alasca 2330 Comunetary Hour 0030 Noites da 2 0115 Sempre em Pè 0215 Palco 0330 Sociedade Civil 0500 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1400 Film TBA 1545 Film TBA 1730 Fim TBA 1800 Bee Season, film 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI Las Vegas 0415 Life Less Ordinary, film
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com Açucar – Ferias de Verão 2000 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Bedazzled, film

Best of the Rest

BBC3
7.00 Top Gear 8.00 Last Man Standing 9.00 Doctor Who 9.45 Doctor Who Confidential 10.00 EastEnders 10.35 Two Pints of Lager and a Packet of Crisps 11.05 Two Pints of Lager and a Packet of Crisps 11.35 American Dad! 12.00 American Dad! 12.20 Scallywagga 12.50 Ideal 1.20 Two Pints of Lager and a Packet of Crisps 1.50 Two Pints of Lager and a Packet of Crisps 2.20 Glamour Girls 2.50 Blood, Sweat and T-Shirts 3.50 Scallywagga 4.20 Ideal 4.50 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Transatlantic Sessions 8.00 Eurovision Young Musician 9.00 Genesis: Come Rain Or Shine 10.00 When in Rome: Genesis in Concert 11.30 The Avengers 12.20 The Avengers 1.10 All About Thunderbirds 2.10 Eurovision Young Musician 3.10 Transatlantic Sessions 3.40 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Britain's Got Talent 8.00 Britain's Got More Talent 9.00 American Idol 10.00 Film: Cliffhanger 15 (1993) 12.10 Coronation Street 12.40 Coronation Street 1.10 The All Star Comedy Show 1.35 Teleshopping 4.35 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Lake Placid 15 (2000) 10.35 Gladiators 11.35 Battlestar Galactica 12.35 Stargate Atlantis 1.25 Cold Case 2.15 Nothing But the Truth 3.05 Road Wars 3.30 Airline 3.55 Airline 4.20 Dream Team 5.05 Bite Size Brainiac 5.10 Guilty!
UKTV Gold
1.00 Keeping Up Appearances 1.40 Last of the Summer Wine 2.20 The Good Life 3.00 My Family 3.40 Some Mothers Do 'Ave 'Em 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 The Good Life 6.20 My Family 7.00 New Tricks 8.00 Dancing with the Stars 9.20 Dancing with the Stars 10.15 Film: Good Morning, Vietnam 15 (1987) 12.35 New Tricks 1.35 The Bill 2.25 Fantasy Island 3.15 Murder, She Wrote 4.00 Murder, She Wrote 4.45 EastEnders 5.05 Sorry! 5.15 Neighbours 5.35 Neighbours
TCM
1.00 The Prince and the Pauper 3.00 Hot Millions U (1968) 5.00 Boys' Night Out PG (1962) 7.05 Bad Day at Black Rock PG (1955) 8.30 The Screening Room 9.00 The Jazz Singer PG (1980) 11.10 Ryan's Daughter 15 (1970) 2.30 Objective, Burma! PG (1945) 5.00 Julie PG (1956)
The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Twitches U (2005) Fantasy adventure, starring Tia and Tamera Mowry. 9.30 Film: Twitches U (2005) Fantasy adventure, starring Tia and Tamera Mowry.

MOVIES

Sky Movies Drama

6.30 A Time to Decide PG (2000) 8.10 Columbo: Strange Bedfellows PG (1995) 9.55 Sybil 12 (2007) 11.35 The Oxford Murders Close Up 12.05 Kes U (1969) With David Bradley. 2.05 These Foolish Things 12 (2006) With Zoe Tapper. 4.05 Shadow Makers PG (1989) With Paul Newman. 6.15 In the Line of Duty: Siege at Marion PG (1992) With Ed Begley Jnr. 8.00 The Prestige 12 (2006) With Hugh Jackman. 10.15 Munich 15 (2005) With Eric Bana. 1.00 Hard Men 18 (1996) With Vincent Regan. 2.40 The Players Club 18 (1998) With LisaRaye. 4.35 A Time to Decide PG (2000)

Sky Movies Comedy

7.15 Jane Austen's Mafia! 12 (1998) 8.50 The Shaggy Dog U (2006) 10.35 Carolina PG (2003) 12.20 Comedy Close Up 12.50 There's Something About Mary 15 (1998) With Cameron Diaz. 2.55 Jane Austen's Mafia! 12 (1998) With Jay Mohr. 4.30 The Shaggy Dog U (2006) With Tim Allen. 6.15 Big Momma's House 2 PG (2006) With Martin Lawrence. 8.00 There's Something About Mary 15 (1998) With Cameron Diaz. 10.00 Eddie Murphy: Raw 18 (1987) With Eddie Murphy. 11.35 Big Momma's House 2 PG (2006) With Martin Lawrence. 1.20 Eddie Murphy: Raw 18 (1987) With Eddie Murphy. 2.55 Dukes of Hazzard: The Beginning 15 (2007) With Jonathan Bennett. 4.35 Carolina PG (2003)

Sky Movies Action

6.55 Chill Factor 15 (1999) 8.50 Action & Thriller Close Up 9.20 Three Fugitives PG (1989) 11.10 Behind Enemy Lines: Axis of Evil 15 (2006) With Nicholas Gonzalez. 1.00 Chill Factor 15 (1999) With Cuba Gooding Jnr. 2.55 Three Fugitives PG (1989) With Nick Nolte. 4.45 The Top 10 Show 5.05 Mission: Impossible III 12 (2006) With Tom Cruise. 7.15 Behind Enemy Lines: Axis of Evil 15 (2006) With Nicholas Gonzalez. 9.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.50 Mission: Impossible III 12 (2006) With Tom Cruise. 1.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 2.50 The Border 15 (1981) With Jack Nicholson. 4.50 Back in Business PG (2007)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football League 10.30 Live Test Cricket. England v New Zealand. 7.00 World Sport 7.30 Live Football League. A League One play-off semi-final second-leg match. 10.00 Test Cricket 12.00 Football League 1.30 Friday Fight Night 3.30 Football League 5.00 Sports Adventure 5.30 World Sport

Sky Sports 2

6.00 Test Cricket 8.00 Race World 9.00 Sports Adventure 9.30 IAAF Athletix Weekly 10.00 Live European Tour Golf. The Irish Open. 1.00 Premier League World 1.30 Football League 3.00 Live European Tour Golf. The Irish Open. 6.00 Sports Adventure 6.30 Tight Lines 7.30 Live Super League. Wigan Warriors v Warrington Wolves (Kick-off 7.30pm). 9.30 Live Friday Fight Night. Colin Lynes v Gianluca Branco. 11.30 NFL: Total Access 12.30 Tight Lines 1.30 Test Cricket 3.30 Super League 5.30 IAAF Athletix Weekly

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Raw 9.00 The Rugby Club 10.30 Premier League World 11.00 International Football 1.00 NFL: Total Access 2.00 Sports Adventure 2.30 IAAF Athletix Weekly 3.00 Race World 4.00 NFL: Total Access 5.00 WWE: Raw 7.00 NFL: Total Access 8.00 Test Cricket 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Golf Night 3.00 NFL: Total Access 4.00 Motor Racing 5.30 Powerboating

British Eurosport

7.30 Marathon des Sables 8.00 World Rally Championship 8.30 World Touring Car Championship 9.00 UEFA Under-17s Championship 10.00 Cycling 10.45 Mission to Beijing 11.00 WTA Tennis 12.00 Live WTA Tennis. The quarter-finals of the Internazionali BNL d'Italia in Rome. 2.00 Live Cycling. Stage seven of the Giro d'Italia. 4.30 Cycling 5.00 Eurogoals 5.30 Live UEFA Under-17s Championship. Coverage of the final (Kick-off 5.30pm). 7.30 MotoGP 8.30 Poker 9.30 World Rally Championship 10.00 Cycling 10.30 Yoz Magazine 11.00 UEFA Cup Football 12.30 Eurogoals 1.00 Close

Sky Sports Xtra

9.30 Race World 10.30 ATP Tennis 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Live Masters Tennis. The Hamburg Masters quarter-finals. 8.00 Golf Night 10.30 Powerboating 11.00 Sports Adventure 11.30 World Sport 12.00 Super League 2.00 Sports Adventure 2.30 Powerboating 3.00 Tight Lines 4.00 Golf Night

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Monte's Restaurant, a delectable dining experience

If you appreciate the finer things in life, but not the exaggerated price-tags they often accompany, then you will fall in love with Monte's Restaurant, an exquisite new venue set on the doorstep of the Boavista golf resort, between Lagos and Praia da Luz, offering fine dining in a relaxed yet elegant environment, at excellent value.

Monte's officially opened its doors to customers on Friday 2nd May, 2008, following a lavish grand-opening party held the night before and which counted on the presence of Lagos Mayor, Júlio Barroso.

With a refined interior décor courtesy of leading Portuguese designer Teresa Azevedo Coutinho, and a menu to rival that of any internationally-acclaimed restaurant, Monte's effortlessly complies with its concept of "doing common things uncommonly well".

The restaurant is complimented by a unique Coffee Lounge concept, together offering ideal settings for romantic evening meals, business lunches, or just a quick coffee break with friends or business associates.

Operated by Russell and Deirdre Morgan, Monte's takes its name from Russell's renowned penchant for Monte Cristo cigars.

Russell is Chairman of The Crown Group; one of UK's leading hospitality companies, and co-owns the celebrated 2 Star Michelin restaurant Midsummer House in Cambridge.

Deirdre owns a home on the Funchal Ridge, one of the most prestigious, sought-after, areas in the western Algarve just a stone's throw away from Lagos, which is also used to entertain clients and VIP guests from the UK.

Located at the entrance to the Boavista Golf Resort, Monte's offers a distinct experience - approachable fine dining and a relaxed informal ambiance. The coffee lounge offers gourmet blends of coffee from around the globe, with a menu of home-baked pastries, delicious desserts, cakes and shortbreads, as well as snacks and light lunches.

A wireless network facility is available so customers are never out of touch during a business meeting or working lunch.

In the restaurant, Scottish World Master Chef Ian McKemmie, creatively presents delicious Mediterranean style cuisine with a signature stylish twist. A first rate menu composed of local ingredients boasts culinary options that are imaginative, delicious and regionally reliant.

Starters include mouth watering oriental fish soup with ravioli of spinach and tempura prawn, a tartlet of caramelised goats cheese. served with Waldorf salad, and ham hock terrine served with apricot chutney.

Traditional Algarvean favourites are presented with modern flair, like seared Golden Bream resting on a bed of Linguini, tossed in a sweet tomato sauce with a Ratatouille of vegetables, and oven roasted chicken breast filled with Portuguese *salsicha* sausage, served with potato dauphinoise and cream spinach with nutmeg.

Sumptuous desserts include homemade sticky toffee pudding (which has even the most sweet-toothed person's seal of approval and will leave you longing for more) with Cornish clotted cream, baked white chocolate and raspberry cheesecake served with raspberry coulis, (an undisputable must) and poached pear soaked in a mulled wine syrup with cream tuille (a healthier option but still as divine).

Set as it is in a holiday destination, at the foothills of the picturesque golf course, Monte's caters for families and offers a full children's menu, as well as vegetarian options.

Monte's resident head chef Ian McKemmie is a member of the leading International Honours Society for Chefs, The World Master Chefs Society. World Master Chefs are the most highly regarded and distinctive professional chefs in the international industry.

Ian gained a wealth of experience in Scotland working in various luxury hotels, quality restaurants and running his own deli. Ian strives to be innovative, as he believes "That's right for the guest, the company and kitchen staff".

He goes on to say, "It's about enhancing the customer's experience. In the Algarve it's a lifestyle issue more than anything, and we feel customers want high quality cuisine, but in a relaxed informal atmosphere. Everyone is doing the same things with their menus. I want to do something different. I want to give people quality and service with a great product, and not charge an arm and leg for it. We're going to have fun, cool presentations on the plate, using classic techniques to make it delicious. All the food is local and fresh. What's really important is the last meal you serve, you're judged by that. When you come in, eat and are happy. That's what is important to us."

Restaurant Manager Mario Duarte further adds, "We welcome the opportunity to offer guests a friendly, professional service with a passion for creating incomparable cuisine, using only the finest and freshest ingredients. We're eager to create an unforgettable experience for the community and for visitors."

And unforgettable it is, as well as highly recommended.

Monte's Coffee Lounge is open from 10h00 – 17h00, the restaurant open for lunch from 12h00 – 15h00, with dinner served between 18h00 – 22h00. Telephone now to make your reservation (recommended) on: (+351) 282 764 382 or email: restaurant@montesrestaurantlagos.com. Alternatively, see website: www.montesrestaurantlagos.com

The Cornish Range in Burgau offers a taste of Cornwall in the Algarve in their air conditioned premises or as a takeaway treat. Their range consists of traditional Cornish pasties, sausage rolls, scones and muffins, clotted cream, homemade desserts, sandwiches, 100% pure apple juice and award winning ice cream. Hmmm ... sounds delicious. Parties are catered for and they have a membership scheme for surfers and golfers.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

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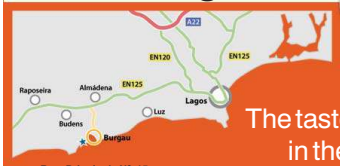

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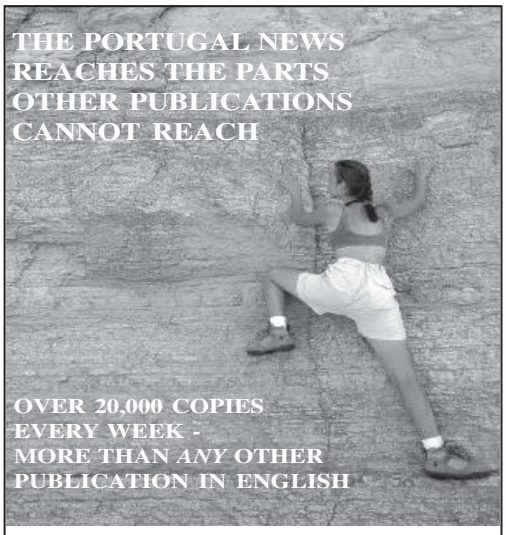

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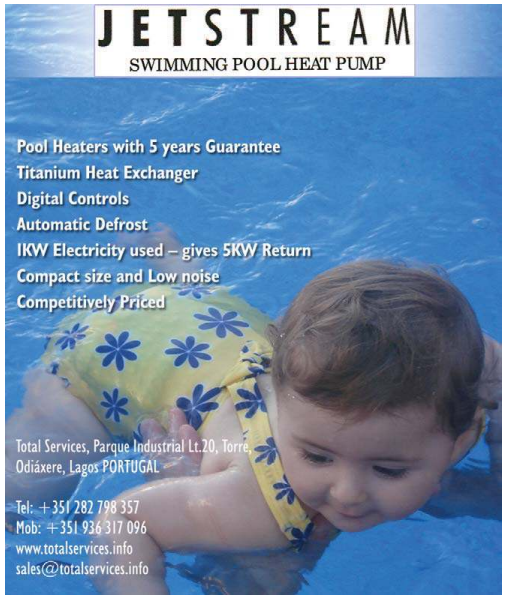

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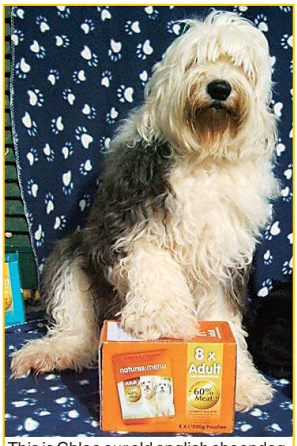
Come and see us at the Algarve Fair

Here are Cleo and Merlin our famous Portuguese Water Dogs.



This is Chloe our old english sheepdog, she has beautiful blue eyes.

We are aiming to take Cleo and Merlin for a few hours both days and possibly Chloe as well, if Jim can cope!!

Saturday they will be at the Fair, hopefully, between 14.00pm and 17.00pm.

Sunday from 11.00am and 13.00pm.

This will give people a chance to meet them, so many people ask me about them. Unfortunately, Sandy, at 14 years and 10 months old, could not cope with days out anymore, she is happier at home.

Protect your pet with knowledge
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The Paw Plunger arrives at Paws4Pets

Clients have asked us for this fabulous little gadget, we found it at Crufts. This wonderful gadget actually looks like a large black plastic beer mug, with soft brushes inside!! However, for us people who have the dogs with long fur, even worse in Merlin's case, white fur, this is a most valuable addition to the doggie gadgets.

After a trip to the beach, or the river followed by the forest walks it is just so easy to 'dunk' the feet and prevent our furry friends bringing the outside into either the house or the car. In the case of my two Water Dogs, even after a run around our land, the feet come back covered in either sand from digging in the sandpit or covered in soil. No more struggling with keeping hold of a paw and the hosepipe at the same time. No more trying to sort out the bowl and trying to wash one paw at a time whilst keeping the others dry. My worse culprit for bolting from both these activities is Chloe my Old English Sheepdog who really has the biggest feet with the longest fur, so trap the most dirt and sand!! She hates the ordeal by hosepipe and is not much happier with a bowl of soapy water!

You fill the **Paw Plunger** with warm water and plunge the offending paws in one at a time, once or twice per paw. There are soft deep cleaning bristles inside the pot which do all the work. Once paws are plunged, dry off with a towel and hey presto clean feet. The **Paw Plunger** gently and safely cleans dirty paws and thus saves our best friends cleaning their paws on the car seats or the sofa, or in Cleo's case the sun lounger.

We have a **Paw Plunger** in the shop for everyone to see and we are taking orders for them. Please come to Silves and check it out. As of next month there will be a smaller one ideal for the dainty little furry feet which are just as capable of gathering dirt as the larger ones!

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PAWS4PETS ARE TO DELIVER TO ALJEZUR ON TUESDAY, 13TH MAY AT 11AM IN THE CAR PARK OF KARISMA AT VALE DA TELHA

International Algarve Fair

It is that time of the year again. **Paws4Pets** will again be at the Algarve Fair in the normal area on Stands 49 and 50. The Fair is at Fatacil, Lagoa on Saturday 10nd May 2008 and Sunday 11rd May 2008 11.00h - 20.00h. We are aiming to take Chloe, Cleo and Merlin for a few hours per day. Unfortunately, Sandy, at 14 years and 10 months old, could not cope with days out anymore, she is happier at home.

We will have all our normal goods with quite a few new ranges for you to see. We will have some new lines in food and other useful products.

We look forward to seeing all our many friends and clients at the weekend, there will be plenty to do and hopefully our weather will be wonderful to add to the atmosphere.

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Water Dogs contest

The first working-contest of this year for the Portuguese Waterdog took place on 20th of April. These contests – one part is a beauty-competition, the other a practical contest in the water – are being accomplished by the association for the protection of the Portuguese Waterdog (Associação para a Protecção do Cão de Agua Português), and are purposed to continue the work, that this breed carried out as a big support on board of the fishing-boats.

In the so-called beauty-contests the dogs are examined in appearance and temperament compared to the standard of the breed. In the practical contests – divided in three levels, each with three tasks to fulfil – the dogs have to prove their capacity in swimming, bringing back objects from the water, diving and obedience to the owner.

On 20th April, in Portimão, one of these competitions took place. In spite of strong winds and rain the ambition of the competitors suceeded.

Ten dogs participated in the beauty-contest. Best of breed was once more the female Coral da Ria Formosa, leaving the male Homero de Alterrial on second place. Best puppy was Brisa da Ria Formosa.

Because of the bad weather and the strong current on the beach of Portimão only level one of the practical contest could be accomplished. Only three female dogs participated in this contest, wherein even the owners of the dogs had difficulties to keep themselves and the dogs in the proposed rules of the contest. The final valuation doesn't really give a true imagination of the participating dogs, but Brisa da Ria Formosa, Dubi da Ria Fomosa and Texas blue da Pedra da Aníxa gained a big applause for their participation in the troubled water.

These contests show the efforts of owners and breeders of the Portuguese Waterdog to maintain the characteristics of the breed. There is already a certain regularity in the participating owners and breeders with many years of experience in training the dogs. Recently though, new paricipants of other nationalities are appearing. The "veterans" have the knowledge about the personality of the Portuguese Waterdog. It is them, who – besides the experience – "continue in learning with these dogs every day, for it is the Portuguese Waterdog, who teaches the owner, not the other way round."

The next contest for Portuguese Waterdogs is on may 18th in Ferragudo. Everybody who wants to attend a different dogs competition shall be invited. Shortly we will report about this event.

Barbara-Marie Mundt
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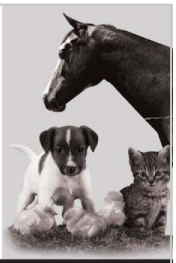

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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details. Please help.

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ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. Mobile: 965 059 949.

ALCOHOLICS ANONYMOUS New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. Largo Tavira de Pernambuco, Fracção B - Cave esq. Bloco 5, 8800 Tavira. Mobile 916 013 265.

ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almancil 1.00pm; Almancil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almancil 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almancil 1.00pm; Portimão 7.30pm. Sat.: Almancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

PERA MEETING has changed venue. It is now held at 7.30 at the Igreja de São Francisco, Largo de São Francisco (Nr the Italian Rest.) in Pêra. Please use the side entrance. We look forward to seeing you there. Queries call 919 005 590.

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For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

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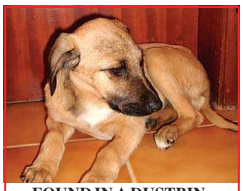

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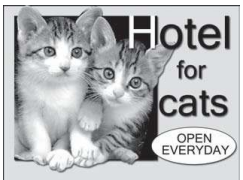

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June: Focus on Pets

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Councils to determine Sunday shopping hours?

If a new proposal by the opposition Social Democrat Party (PSD) is passed in parliament, City Halls will have the power to determine whether hypermarkets in their area can open on Sundays and national holidays. Furthermore, commercial establishments measuring over one thousand square metres, in locations with more than 30,000 inhabitants, will have the option of extending opening hours from six in the morning until midnight, all year round.

Shoppers at a branch of Continente in Oporto earlier this year. (Photo: Lusa / João Abreu Miranda)

This new proposal suggests a radical change from the traditional current legislation that obliges all trading to close at 13h00 on Sundays; a change strongly contested by the Church.

Despite an impending debate, it was with collective relief that MPs from all five of Portugal's political parties with parliamentary seats welcomed the news that the PSD's proposal would be subjected to a specialist debate, as it its an issue that has become something of a political 'hot potato'.

Despite implying significant changes, the proposal offers local councils the authority to restrict trading hours between January and November, optionally keeping them within traditional timetables, though from October to December, the standard 09h00 – 24h00 trading hours would override the wishes of municipalities.

However, the Catholic Church has voiced its opposition to the proposed changes, defending that Sundays should be safeguarded as family days, and that employees have families too, a position also held by the Left Bloc and the Communist Party.

Half a million empty homes in Portugal

According to a study carried out by a technical team elaborating the Habitation Strategic Planning, vacant houses have more than doubled between 1981 and 2001, from 190,000 to 544,000.

Various situations have given rise to the number of empty houses, such as housing available for sale or rental and houses to be demolished.

In terms of distribution throughout the country, the North is the region with most empty houses; in fact, the number of unoccupied houses is half of the total houses in the region.

The increase in vacant houses shows, on one side, a divergence between potential or offer and the search for housing in Portugal, and on the other side, a significant number of vacant houses, with no use, posing a problem that "hasn't been solved and isn't easily fixed in the current habitation policy context" recognised the technical team.

The surge of house construction in the last three decades and the rate of occupation were very high, over sixty percent of the existing houses in 2001 were built between 1971 and 2001. Another reason could be the increase of secondary housing in Portugal, in the last 20 years the number of second homes has doubled, representing a rate (18 percent) above other European countries.

To obtain better management of habitations in Portugal, the Strategic Planning team is going to rely on renovations and house rentals. Seeing that house degradation occurs more often though in rental houses it could be creating stagnation in the market.

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Troubling forecasts for substance abuse among older adults

Casual, seemingly innocuous, use of over-the-counter medication by Europe's ageing population is a growing concern, findings of research has shown.

The latest report from the European drug monitoring centre estimates that by 2020, the number of people suffering from substance-use disorders will be more than double the figure for 2001.

And while illicit drug use is more commonly associated with the young, that too is growing among the older generations. Between 2002 and 2005 the proportion of 40+ patients in treatment for opiate use shot from 8.6 percent to 17.6 percent.

This phenomenon will place greater demands on health services in the EU.

"Programmes accustomed to dealing mainly with young populations will need to adapt to meet the needs of this older group" explained EU drug agency director, Wolfgang Götz.

In view of Europe's ageing population – by 2028 more than a quarter will be aged 65 or over – the report states it is not too soon to start preparing an adequate response.